

The Grand Junction Soccer Club



Volume 2, Issue 9

GJ Soccer Office
 Independence Plaza
 529 25 1/2 Road, Ste B112
 Grand Junction, CO 81505
 970-242-4550

OFF THE PITCH.... INTO THE FIRE

The Grand Junction Soccer Club is a parent driven organization dedicated to providing year-round soccer opportunities that are fun, positive, safe, and challenging for individuals of all ages, abilities and economic backgrounds.

www.gjsoccer.org

IMPORTANT DATES

Winter Office Hours
 Tuesday— Friday 9:00am- 5:00pm
 Closed SATURDAY, SUNDAY AND MONDAY

October 2011

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	CYS/WSSL games Western Orthopedics & Sports Medicine 10-11am
2	3	4	5	6	7	Recreational games begin Western Orthopedics & Sports Medicine 10-11am
9	10	11	12 High School Boys informational meeting 7:30pm at GJSC	13	14	15 Western Orthopedics & Sports Medicine 10-11am
16	17	18	19 Board Meeting 7:30pm	20	21	Western Orthopedics & Sports Medicine 10-11am Rec Soccer U4-U10 Ends
23	24 Rec Registration Starts	25	26	27	28	Western Orthopedics & Sports Medicine 10-11am
30 CYS/WSSL Games end	31					Rec Soccer U11-U14 Ends

Recreational Fall Soccer—

- Season began September 10, 2011
- Season ends October 22, 2011 for U4-U10 and October 29 for U11-U14
- Teams have 8 games in 7 weeks

WSSL – Registration is closed for 2011/2012 year

- Games began August 27, 2011
- Final registration payment was due by October 3, 2011
- Games to be completed by October 30, 2011
- Coaching fee of \$3,000.00 **per team/per year**. First half of player portion was due by August 1, 2011. Final payment is due March 2, 2012. Please pay directly to your team manager. The team manager will be responsible to pay GJSC one check in each respective season for the total amount.

CYS – Registration is closed for 2011/2012 year

- Games began August 27, 2011
- Final registration payment was due October 3, 2011
- Games to be completed by November 5, 2011
- Coaching fee is \$6,000.00 **per team/per year**. First half of player portion due by August 1, 2011. Final payment due by March 2, 2012. Please pay directly to your team manager. The team manager will be responsible to pay GJSC one check in each respective season for the total amount.

Vail Tournament Results

Congratulations to the U12 Boys United who took 2nd place in their respective bracket over the Oct. 1 & 2 weekend at the Vail tournament!

Teams that also attended included the: U12 Girls United, U12 Boys Premier, U13 Boys Premier, U14 Girls Premier, U15 Girls United and U15 Girls Premier.



“No written word, no spoken plea can teach our youth what they should be. Nor all the books on all the shelves, it’s what the coaches are themselves.” - anonymous author

GJSC Club Calendar 2011-2012

Upcoming Soccer Activities

Fall Training Plan:

OCTOBER

- October 1-2: Vail Cup for teams U11–14 . We had 7 teams attend
- November 5: End of the fall competitive season

Winter Training Plan:

NOVEMBER & DECEMBER

- No team trainings for U11-14 players
- November — HS Boys Tryouts
- HS Teams will only train if preparing for a Nov./Dec. Showcase
- December — Futsal league will begin (more info to follow in our next newsletter and online)
 - This will be an optional league where players sign up as individuals from U7-U18. Players will be placed on teams by the GJSC Staff. We will put them in age groups that are arranged by 2 year increments and may be co-ed (i.e. U7—U8 players will be combined to create a team). GJSC Staff Coaches will ref each 40 minute game with instruction that fits into club curriculum and identity. ***The primary focus will be on individual player development.*** We will play 4V4 in a gym to small goals. This will be an opportunity for players to enjoy the game and try new things (to be creative, take chances, and try moves without having to worry about the idea of if they mess up, it will affect the outcome of games). Standings, winning and keeping score ***WILL NOT*** take any precedence during the playing and development process.

JANUARY

- January 3 – end of Feb: Winter skills training — teams will be asked during the fall season, who will be training in the winter. Cost will be \$75 per player and will include 12 training sessions. The cost includes space and training by a staff coach.
- Futsal — will continue from December
- Club wide team meetings for upcoming spring season

Possible Preseason Spring Tournaments in February

- Winter Tournaments to consider: (U11-14 one out of state and one Futsal/Indoor Tourney)
- President's Cup (AZ) - February (President's Day Weekend) – premier teams only
- Desert Classic (AZ)- February (the week before President's Day Weekend) – strong united teams or any premier teams
- Mayor's Cup (Las Vegas) – February (recommended for competitive teams only)
- Silver State (Las Vegas) – Feb. 20-21
- Vegas Cup – MLK Weekend
- Blackhawks Invitational (AZ) – February 26-28
- February – Western Orthopedics meet with the coaching staff (coaches training)

Summer — International Travel

JUNE

- June 2012: High School International Trip to Brazil for selected girls with Gump's LLC!



It's What You Learn After You Know It All That Counts the Most

As coaches, most of us continually remind our players to keep improving, that they need to put in their own time to get better, and to learn from others better than them. But when it comes to developing, we as coaches need to make sure we're holding ourselves accountable as well. "I was determined to make the effort to become the best teacher I could possibly be, not for my sake, but for all those who were under my supervision... I always considered myself a teacher rather than just a coach... Everyone, everyone is a teacher. Everyone is a teacher to someone; maybe it's your children, maybe it's your neighbor, maybe it's someone under your supervision in some other way, and in one way or another, you're teaching them by your actions" *You Haven't Taught Until They Have Learned.*

Just like we tell our players they need to keep improving, we as coaches need to hold ourselves accountable and set an example; whether it be through reading, attaining licensing, attending seminars, watching games, getting subscriptions with various coaching magazines, talking with fellow club coaches to get new ideas, etc. We have a responsibility to the kids we work with to be willing to keep developing into better coaches as well.

If we don't look to improve, we repeat the same few training sessions over and over, and the kids don't enjoy what they do with us, how can we realistically think they'll train on their own? Kids, and humans in general, certainly aren't going to do, let alone enjoy what they're doing unless they have a purpose. We need to make things interesting and challenging to stimulate our players' minds, to make them think and allow them to try things they've never done before, without them being afraid to mess up along the way and possibly be reprimanded for attempting new things.

If we revert to simply using the last game's mistakes as the benchmarks to identify what we need to work on at the next training, it will teach us to put out many fires, but it will not allow us to see the big picture and overall stages of development. Failing to prepare is preparing to fail.

"I was determined to make the effort to become the best teacher I could possibly be, not for my sake, but for all those who were under my supervision... I always considered myself a teacher rather than just a coach. Everyone, everyone is a teacher. Everyone is a teacher to someone; maybe it's your children, maybe it's your neighbor, maybe it's someone under your supervision in some other way, and in one way or another, you're teaching them by your actions."

- John Wooden

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It's What You Learn... Continued —

Essentially, we will be teaching and coaching to a weekly test, not to a development plan. Plan for the season as a whole, otherwise we'll waste an enormous amount of time, effort and talent trying to come up with things as we go or right before training starts without having put much thought into things. Why don't our players deserve our best effort if we expect it from them **EVERY TIME**? "Profound responsibilities come with teaching and coaching. You can do so much good — or bad. It's why I believe that next to parenting, teaching and coaching are the two most important professions in the world... When you are through learning, you are through" *You Haven't Taught Until They've Learned*.

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- John Wooden

Correcting players and mistakes

When correcting players, if we just tell players "good job" or "No, what are you doing?!", we leave players with an evaluation, not a solution. If we tell them what to do instead, the new information is aimed at the act, not the actor, which is more important. When players do something well, don't just tell them "good job," tell them **what** the good thing they did was. As coaches, we need to make sure we communicate more specifically what needs to be done different or what exactly went well. Think of how many times we've been told or told someone "good game," probably more out of habit more than anything else. What was good about it? Be able to give players a specific idea of what went well or what can be worked on, so they have a clearer understanding about what was good or bad about something. No one said coaching was easy.

As a coach, here's something to think about in your own time

Ask yourself...

- ⇒ Am I always positive?
- ⇒ Do I communicate well?
- ⇒ Do I listen well?
- ⇒ Am I honest?
- ⇒ Am I fair?
- ⇒ Do I offer inspiration?
- ⇒ Do I offer support?
- ⇒ Do I show enthusiasm?
- ⇒ Am I available for them to talk to?
- ⇒ Know why you do what you do. If you don't know why you're working on something, how can you expect your players to work hard and have a purpose?

Coaching players individually — Teachers don't teach classrooms, they teach individuals. Coaches don't teach teams, they teach players.

- ⇒ Each player needs a personal program, challenging but achievable.
- ⇒ Every child needs to experience success.

Reference: Gallimore, Ronald & Nater, Swen. *You Haven't Taught Until They Have Learned*. 2010.
Fitness Information Technology.

GJSC Juggle Club Summary

The juggling club is for players U6 and up. We ask that coaches send Staff Coach, Stephen Hofer, an e-mail *by the last Monday of each month*. In the e-mail, let us know the name of who your highest juggler was for the month. It is up to you how you record the highest juggler for the month. My suggestion would be to allow 10 minutes each practice to record the highest juggler. For the competition, please be in the presence of your players when you record and submit the highest juggle for the month.

Stephen will compile a list of the highest jugglers for each age group and we will post this on the web site and in our monthly newsletter.

Please contact Stephen at stephenhofer19@gmail.com

Thanks for participating. Below is a good article by Stephen on the purpose of juggling and some practical suggestions on how to juggle. If you have questions on how to help younger kids to improve their juggling, please send me an email at shaun@gjsoccer.org

Thanks,

Shaun

GJSC Juggle Club Overview

How did the best players in the world get better than the rest of us? Did they focus more at practice? Were they born better athletes? Did they play more matches? Or maybe did they practice more in their time away from a formal soccer setting? A point can be made for each question asked above, but I have a simple theory on soccer, as with anything in life; the more you practice it, the better you will be at it. So, how can we get our youth players to practice more on in their spare time? This question has sparked the development of the juggle club.

In my opinion, juggling is often a skill that is overlooked by many coaches in youth soccer. These days, you typically do not see a player juggling on the pitch, but good jugglers definitely have an advantage when they lace up their boots for a match. For instance, a good juggler develops a better touch on the ball more quickly than if they were just working on trapping a ball at practice. This can help players not only trap a ball, but spend less time thinking about trapping the ball and more time thinking about what they are going to do with it. This is simply done by establishing a "feel" for the ball, a by-product of juggling. Also, juggling develops confidence in players. This can inspire creativity, which is something coaches must allow in order for younger players to develop. Furthermore, this can be translated into better 1V1 abilities and better overall technique in the form of passing and shooting. Another key benefit to juggling is agility work. Players must be agile when juggling to quickly react to their touches. They must control their bodies to properly align themselves with the ball in preparation for their next touch.

These are only a few reasons why players should learn to juggle. I guarantee coaches will notice their players' touch on the ball improve if they incorporate or encourage juggling in their teams. Personally, I have administered juggling tests to my teams. I usually start around 20 juggles, with at least 5 on the less dominant foot. Players are encouraged to practice in their spare time and are put under pressure during the administration of the test. Although the pressure creates anxiety in players, it gets them used to it, which is a good thing. Players are under pressure all the time in games; to score, to make that break-away tackle, to place that perfectly hit corner on a teammate's head, etc. Also, it gets players used to being evaluated, which is what happens in ODP, high school and college tryouts. Getting players to thrive under pressure is a good lesson that can be applied to more than just soccer. After players realize that their touch has improved from practice, they tend to practice willingly in their spare time. I don't know how many times a player has come up to me and said, "Coach, I got 34 juggles at recess today!" I just smile and say, "Wow, looks like practicing helps," they smile back and try to beat their previous record before practice starts.

Continued on next page.

GJSC Juggle Club Continued —

Juggling is just another way to help players reach their full potential. Here are some tips on teaching this skill.

1. Use all surfaces of the body: feet (laces, inside, outside, heels), thighs, chest, shoulders, and head. Not just the dominate foot!!!
2. Keep the ball within reach of the body. Do not allow players to kick the ball high (develops the “feel” for the ball).
3. Create a rhythm between the player and the ball. (i.e. with the feet, left, right, left, right with good spin on the ball, with touches no higher than the waist.)
4. Maintain relaxed and balanced body position.
5. Control the ball in different situations. If a player has a bad touch, have them adjust to it, not start over.
6. If players lack a challenge, high low juggling is the next step. One touch is high and one is low (20 feet high, then control the ball with one touch 3 feet high, repeat as long as possible).

Some tips taken from Chris Johnson

Incorporate juggling in training sessions; Individual juggling, partners, or small groups. Limit surfaces they can use.

The juggling club is created to award players that practice their juggling skills. Each week, coaches will send in their team’s top juggler score. Winners from each age group will get recognition within the club through newsletters and website postings.

What You Get for Your Recreation Fees

What do our recreation fees cover? My feeling is that if 5-10 people ask this question each season, there are many who would also like that question answered. The following should give you a good idea of what your fees go toward. GJSC is a non-profit organization that looks to break even each year. We attempt to offer a quality product at the lowest price possible. In the article, I have included a look at what you pay for, how your kids benefit from the sport and some prices of other sports in our community (as well as other soccer programs in the state). As a father of three kids currently playing recreation soccer in the club (and someone who pays for many other activities as many of you do as well), I have no doubt that I am getting great value for my money and I hope you will feel the same after reading and getting a better idea of all that goes into running a league.

GJSC 2011 prices for recreation soccer

U4 - \$65

U5-U7 - \$70

U8 - \$90

U9-U14 - \$100 (pay for referees at the ages)

Here are the main items your registration fee covers:

- Insurance – Every player must be insured to play soccer for GJSC. We have player insurance (secondary insurance), rental insurance and insurance for our board members.
- Registration fee – There is a registration fee charged to us each time a player registers for any program offered by the club, by our online provider. With that said, the club does save money by having kids register on-line (less staff needed in the office). About 75 percent of the club registers on-line.
- Credit card fees – Depending on the card you use, the club pays about two percent for every credit card transaction.

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What You Get for Your Recreation Fees Continued —

- Office Staff – We have employees in the office to help you in person or by phone if needed. During busy registration periods we go from three on staff to four on staff.
- Office staff do background checks on every person who would like to coach in the club. We assign coaches if they pass the background checks, meet with coaches if there is anything of concern, or contact coaches if they do not pass the background check.
- Our office staff assigns all the coaches and finds coaches when teams do not have them. This is an extremely time consuming process and generally part of what slows down getting the schedule out to parents.
- Our office staff helps make sure every team has a referee and looks to provide referee courses each season. We pay a certified referee trainer to offer these courses multiple times per season.
- We provide referee shirts for volunteer refs.
- We provide coaches training each season.
- We provide coaches licensing each season.
- We provide coaches handouts (pay for copies) and links to website for coaches looking for more ideas (paid staff spends time putting these together).
- Field Rental (second largest expense to the club) – We pay the city for training area at Canyon View each season, as well as pay for field space on game days. We also pay the city to have the fields lined and ready to play games on.
- Equipment – Our goals, flags, coaches training bags, nets, etc.
- Club cart you see at recreation field – this is used by staff and volunteers to take all the equipment out to the fields and pick it all up. In the past, the club had parents do this job. We have taken this on, but it would literally take 2-3 hours to move all the equipment without the cart. With the cart we can get it done in less than an hour.
- We also use the cart to take elderly or injured parents, grandparents, or kids out to games. This is a huge help to those who would like to watch kids play, but have trouble walking the great distances out to fields.
- Coaching education - our staff do go off and learn about the game and bring this back to the recreation coaches and players. Helping to improve the game in our communities and being able to offer your kids more.
- Staff at recreation games – We do have staff or arrange to have volunteers at the recreation games to answer any questions parents may have.
- Guidance – we have staff who oversee the recreation program and work to improve the level of play, sportsmanship, sideline conduct, make sure level of competition appropriate, make adjustments to the rules, answer parent questions or complaints, deal with conflicts, etc. (This all takes more time than you might think and is an important aspect of making sure the recreation program is evolving and meeting the needs of the kids and parents).
- Assigning referees – We have a referee assignor who spends a lot of time making sure all the games are covered each weekend. He also deals with problems that might come up pertaining to ref assignments.
- Marketing – GJSC has over 1,000 kids playing rec soccer. The size of this program allows for better competition, diverse competition, generally age and gender specific competition, and allows for us to get the best prices in town on field space. We pay for things like website, email programs, constant contact, fliers, mailers, copies, and office staff to answer 100's of questions for potential participants, etc. We also run free programs for the community to get our name and programs out.
- Scheduling of games.
- Camps, clinics, additional programs for kids looking for more from professional coaching staff.
- Tournaments in Grand Junction.
- Office space – Part of marketing (space is very visible and has been in the same location for more than 10 years), part of customer service (people know where we are and can come speak to us Tuesday-Friday), used for meetings with coaches, referee clinics, place where coaches can come and pick up information or speak with staff.

Cost of Other Grand Valley Youth Sports & Some Denver Soccer Clubs

MCJFA (Youth Football) – 2010 prices

5th, 6th, 7th and 8th Grade Football

Cost – \$170 per player (includes game jersey and rental of helmet and shoulder pads).

Grand Valley Lacrosse – 2010 prices

\$200 (no equipment or uniform included)

Grand Mesa Little League – 2010 prices

Winter

Pee Wee – \$80

T-ball – \$115

Competitive – \$140

Spring

Pee Wee – \$105

T-ball – \$140

Competitive – \$165

Grand Junction Gymnastics Academy – 2010 prices

Tots: 3 – 6 years old for 8 weeks – \$98

6 years old for 8 weeks – \$110

7 years old for 8 weeks – \$154

Here is a sample of what other clubs across the state charge for soccer. These clubs are similar to us in that their recreation leagues are overseen by a director of coaching and have staff available for registration, customer service, etc.

Littleton United

U5 and U6 – \$90 per season

U7 – \$110

U8 – \$130

U9 and U10 – \$135

Real

U5-U6 – \$65 (6 week program)

U7-U8 – \$120

U9-U10 – \$160

Boulder FC

U5-U6 – \$75

U7-U8 – \$95

U9-U10 – \$185

Western Orthopedics & Sports Medicine hosts free sport injury clinics on Saturdays from 10-11AM at 2020 North 12th Street. These will be run through March of 2012. Closed November 26 , December 24 & March 17, 2012 for holiday weekends. Free for recent sports related injuries. 245-0484

INTERNATIONAL TRIPS TO BRAZIL

For high school
age players and
by invite only.

SUMMER 2012 & 2013

Hotel Location



The location of the hotel is on the outskirts of São Paulo, Brazil – one of the 10 largest cities in the world with over 17 million people. The same hotel is not necessarily used year to year, but the hotel will remain outside São Paulo, in a surrounding suburb.

Games



Games dominate the schedule when going to Brazil. There is usually one game per day with just a couple of days-off throughout the trip. Games consist of everything from full 11V11 to 6V6 and Futsal. Training sessions with coaches from Brazil are also integrated to allow players to get a taste of how Brazilians train.

Activities & Destinations



A chance for us to give back to those who are less fortunate is always an opportunity created for each trip. Nick feels it is important for players to recognize how fortunate we are and nothing seems to get our attention like experiencing something first-hand. These are things that will stick with us for the rest of our lives.

For a full version of the Brazil flier, see our website under our coaching education link in our coaching tab.



Creating opportunities through soccer & traveling

Nick Gumpert coordinates the international trips for Grand Junction Soccer Club, through Gump's LLC. He coordinates trips to Brazil and to various countries in Europe.

"I want to be able to create unique opportunities for young adults, to expose them to the world. When I talk about unique, I'm talking about creating an opportunity for those involved to be able to walk away after it's done and feel like they've never experienced anything like that before, that they can take something away from it and can apply it to the rest of their life."

"You don't know what all you have, until you don't have it."

Recreation Update

Fall

7/8 Junior Academy – GJSC is offering a Junior Academy Program for U7 and U8 players this fall. It's been taking place every Friday since Sept. 2 and will go through Friday October 21. Training sessions are headed by various staff coaches with some assistance from a couple parent coaches.

This is an optional program offered one day a week, on Fridays 4:45-6PM. This consists of 8 weeks of additional training. The intent of the Junior Academy Program is to put players in a competitive and age appropriate training environment that challenges players physically and mentally on an individual level. The academy program is open to any player with birthdates that fall between 8/1/03-7/31/04 and 8/1/04-7/31/05 and who have the desire to further develop their soccer skills under the guidance of a professional coach, who is following the club developmental curriculum. Please feel free to contact Shaun Howe at shaun@gjsoccer.org with any questions.

NEW Academy Program — The NEW Academy has started and has gotten off to a great start! We currently have more than 30 registered, but there is still room if you're interested. Please contact Shaun Howe at shaun@gjsoccer.org if interested.

This is an optional program for players U9 and U10. Players will sign up voluntarily and there will not be a selection process to participate in the academy. The kids participating in the academy training also play for their recreation teams. They will train with their respective recreation teams one time per week and play all games with them on Saturday. We will take academy teams to 1-2 tournaments per season that do not interfere with recreation play. The cost to participate in academy trainings is \$140, which amounts to about \$6 per session (22 sessions). If your kids love to play soccer and want to make large gains over the season, this is a great developmental opportunity.

Some of our top staff coaches are working with the kids at the academy levels, including: Shaun Howe, Peter Hemmendinger, Larry Johnson, Sherilyn Stoffel, John Kearns, Quinn Cooper, Nick Gumpert and Stephen Hofer.

Winter

Soccer Stars - GJSC will continue to offer small group training for players 4 - 8 years old.

Additional winter recreational training opportunities — details and info coming soon.

*There's a big difference between knowing
what you're doing and knowing how to
teach what you want done.*

New Programs and Involvement by GJSC

ODP Tryouts in November

ODP is one more high level soccer opportunity that increases player development as they also have the opportunity of putting themselves in more tryout environments. Playing under pressure is an important skill to master; as is testing yourself outside of our community gives us a valuable gauge in assessing where we are at in from a development standpoint. Please register online at gotsoccer.com by Friday October 14. Please feel free to call the soccer office if you have questions at 242-4550.

- **When: Sunday October 16, 2011**
- **Who: Birth years of 1996, '97, '98 & '99 boys & girls**
- **Cost: \$50, unless your son/daughter participated in the Elite Development Training in August, in which case no further costs are due at this time and please wear your Adidas kit. New players will receive an Adidas tryout kit (includes: shirt, shorts and socks).**
- **Where: Canyon View Park**

age group	time	location
99 boys	9-11am	Canyon View Park
99 girls	11am-1pm	Canyon View Park
96/97 boys	11am-1pm	Canyon View Park
98 boys	1-3pm	Canyon View Park
96/97 girls	1-3pm	Canyon View Park
98 girls	3-5pm	Canyon View Park



TOP Soccer Program

Grand Junction Soccer Club brought back the TOP Soccer Program to our community this fall. The idea of the program was to provide a soccer experience for kids of all ages with special needs. We had 27 kids register for this program and it was a lot of fun for all. Each week we had a team or two from our competitive program come and help with the TOP Soccer participants. The first week we worked on some soccer skills through fun games. This was okay, but the feedback was that the kids wanted to play. Weeks 2, 3, and 4 we simply put the kids on teams and played. This was a blast and provided many opportunities to dribble, pass and shoot the ball. The participants in the program have gotten a LOT of exercise, learned some new skills, made some new friends, and had some fun along the way. I think the kids really enjoyed the game and hopefully we have them hooked on soccer and they will all come back and play again next fall.

I want to give a special thanks to all the teams and players that helped with the program: the 12 girls premier, 15 girls premier, 13 girls premier, 13 girls united, 12 boys premier, and 14 girls premier all helped out. We had many kids who had so much fun when their teams helped out that they came again and again on their own. I have run a program like this in the past, but this was a special experience for me. The kids who helped in this program were tremendous. They went out of their way to make the experience special for all the TOP Soccer participants. Watching the interaction of all the kids was inspiring to say the least. As a parent with a child with special needs, I was more than a little impressed by the compassion and genuine love that was displayed on the four Friday nights we offered this program.

A special thanks to Karen Kiefer and Jill Algren for all their help in getting the word out about the Top Soccer Program, their expertise in working with kids, advice on the program and all their help on Friday nights.

I look forward to doing it again next fall and thank you again to all those who took part.

Shaun



Kohl's **American Cup** and **CYS Cup** for



For more information or Questions; Please contact Kerry Flagg at
1-720-292-2429
kflagg@coyouthsoccer.org

Kohl's is a family – focused, value-oriented, specialty department store offering quality exclusive and national brand merchandise to the customer in an environment that is convenient, friendly and exciting. Kohl's has over 1,000 stores in 49 states

Recreational Teams only

Kohl's **American Cup** (U5-U8) and **CYS Cup** (U9-U18)

U5-U8 will be playing 4v4

U9-U10 will be playing 8v8

U11-U18 will be playing 11v11

Registration is currently open– deadline is October 7,2011
Two day Event for Recreational teams for U5– U18 Girls and Boys

Kohl's **American Cup** \$160.00 Per team for 4 games

CYS Cup \$350.00 Per team for 4 games

When: October 29th and 30th 2011

Where: Canyon View Park, 726 24 Road, Grand Junction, CO

Kohl's **American Cup-**

[https://events.gotsport.com/\(S\(u4iitpvzmsji4p553zb1ss45\)\)/forms/app/Default.aspx?EventID=19114](https://events.gotsport.com/(S(u4iitpvzmsji4p553zb1ss45))/forms/app/Default.aspx?EventID=19114)

CYS Cup-

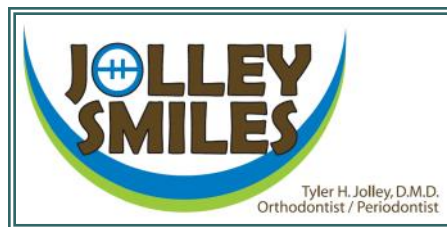
[https://events.gotsport.com/\(S\(slp30q552s1zm3553zqqhaf5\)\)/forms/app/Default.aspx?EventID=19107](https://events.gotsport.com/(S(slp30q552s1zm3553zqqhaf5))/forms/app/Default.aspx?EventID=19107)



Western Orthopedics & Sports Medicine, P.C.

Grand Junction Soccer Club is Proud to announce our partnership with Western Orthopedics and Sports Medicine. Western Orthopedics will be offering many exciting services to our players. To summarize, they will send an athletic trainer to our fields one time per week in the spring season. This will be a free opportunity for injured players to have their problem evaluated by a medical professional. Western Orthopedic will also work with our coaching staff to help develop a club wide injury prevention warm up, cool down suggestions, and be a resource if we have any questions concerning the health and well fare of our players. They will also be involved with our tournament, the GMIT, by offering injury evaluations and support for players in need of medical assistance. Anyway, they will be making lots of positive contributions to the club and we look forward to their involvement. Look for more details in the coming months.

THANK YOU TO OUR NEW CORPORATE SPONSERS



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