

## **Girls U14 Competitive – Club-sponsored Supernova**

**Fall 2011 and Spring 2012**

**Head Coach: Leo Balbuena – (541) 324-6605**

**Goalkeeper Coach: Caleb Peterson**

**Fitness Trainer: Adam Eggersten**

### **Message from the Ashland Soccer Club:**

Supernova Girls U14 started this past year as a private program that was integrated with ASC for the U13G spring season. Supernova Girls U14 will continue as an ASC sponsored pilot program for 2011-2012 soccer year.

Leo Balbuena and his training team are providing enhanced, year round training services for \$ 90 dollars a month. These monthly fees are payable directly to Leo and his Supernova program.

The club is sponsoring the team's entry to the Southern Oregon Classic League (SOCL). The club fee to sponsor this program for 2011/2012 is estimated to be \$225 per player, payable directly to ASC. The club fee covers administrative expenses, SOCL league and SOCL referee fees, and field expenses.

Leo's extensive 'college prep' program provides significant additional coaching, training and support, team equipment, tournament fees, and uniforms. Parents will be responsible for all travel costs associated with tournament play. Scholarships for Supernova players are available.

Still part of ASC, all Supernova coaches, parents, and players must agree to follow all ASC club policies including: tryouts procedures, risk management/safety rules, codes of conduct and dress code. As part of

ASC, all OYSA policies and rules must also be adhered to. Parents and coaches are encouraged to review the new club tryout policy posted on our website: [www.ashlandsoccer.com](http://www.ashlandsoccer.com)

Please do not hesitate to contact ASC at 541-601-8925 with any questions or concerns.

**From Leo Balbuena of Supernova:**

After reaching the championship game on our division during the 2011 Rogue Valley Cup, we look forward to our exciting summer schedule with our own team camp and three different summer tournaments.

Physical: Adam, our fitness trainer, will retake the strength work out that he began in January and will push our players a little bit more.

Technical: We will dedicate more time to polish shooting technique and explore different ways to do it. The players will also work on dribbling by using different deceptive moves.

Tactical: attacking soccer will be our motive and we will develop schemes to do it through the center and through the outside. We will also teach our defenders to be part of our attacking strategy.

Mentally: We will continue teaching our girls that in order to play differently, they need to think and act differently. We have been using teachable moments to highlight the benefits of this approach as we believe that **Mentality** plus **Skills** equals **Success**.

Below is our tentative summer schedule:

**June:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>May 28, 29, 30 Rogue</b>	May 31	1  4:30-6:00	2  4:30-	3  4:30-	4  OFF	5  OFF

<b>Valley Cup ( End of the season gathering )</b>		at the lower field	6:00 at the lower field	6:00 at the lower field		
<b>6 Try outs at the Lower field from 5-6:30PM</b>	<b>7</b>	<b>8 Try outs at the Lower field from 5-6:30 PM</b>	9 OFF	10 OFF	11 OFF	12 OFF
13 OFF	14 OFF	15 OFF	16 OFF	17 OFF	18 OFF	19 OFF
20	21 5-7 at the lower field	22 Skill building (optional 6-7)	23 5-7 at the lower field	24	25	26
<b>27 Team camp at the lower field from 9:00-12:00</b>	<b>28 Team camp at the lower field from 9:00-12:00</b>	<b>29 Team camp at the lower field from 9:00-12:00</b>	<b>30 Team camp at the lower field from 9:00-12:00</b>	<b>1 Team camp at the lower field from 9:00-12:00</b>	2	3

**July:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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				1 <b>Team camp</b>	2	3
4	5 5-7 at the lower field	6 Skill building (optional 6-7)	7 5-7 Team travels to Portland	8 <b>FC Portland Tournament</b>	9 <b>FC Portland Tournament</b>	10 <b>FC Portland Tournament</b>
11	12 5-7 at the lower field	13 Skill building (optional 6-7)	14 5-7 at the lower field	15	16	17
18	19 5-7 at the lower field	20 Skill building (optional 6-7)	21 5-7 at the lower field	22	23	24
25	26 5-7 at the lower field	27 Skill building (optional 6-7)	28 5-7 at the lower field	29	30	31

**Aug:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 5-7 at the lower field	3 Skill building (optional 6-7)	4 5-7 at the lower field	5 <b>Bend Premier Cup, Bend OR</b>	6 <b>Bend Premier Cup, Bend OR</b>	7 <b>Bend Premier Cup, Bend OR</b>

8	9 OFF	10 OFF	11 OFF	12 OFF	13 OFF	14 OFF
15	16 5-7 at the lower field	17 Skill building (optional 6-7)	18 5-7 at the lower field	19	20	21
22	23 5-7 at the lower field	24 Skill building (optional 6-7)	25 5-7 at the lower field	26	27	28
29 OFF	30 5-7 at the lower field	31 Skill building (optional 6-7)	1 5-7 at the lower field	2	3	4

**Fall:**

During the fall season, we will go back to our regional soccer league, SOCL.

Technical: Finishing will be our topic.

Tactical: We will put strong emphasis on group tactics.

Our fitness trainer will work on speed and acceleration.

Mentally: We will establish objectives through out the season to challenge our players to accomplish more than the norm.