



LAKEFRONT SOCCER CLUB

2006 GIRLS PREMIER



Coaching Staff Background and Philosophy:

The head coach for the 2006 team will be **Mike Graves**. He comes with decades of soccer experience as a player and a coach. He played at the collegiate level at North Country Community College and was an All-American Goalie during that time. In 2018 he was inducted into the Junior College Hall of Fame for his contribution on the field. He has coached at the travel, high school, and premier levels and his love of the game and passion for youth sports is evident in all he says and does. He believes success on the field can translate into success athletically, socially, and academically. Training sessions are designed to be competitive and the players are expected to work hard. The emphasis will be on technical proficiency, tactical astuteness, and overall athleticism. The global goal is to help develop skilled, confident, and smart players who value winning, but not more than character or performance. This will happen by experiencing an environment that fosters hard work and the intrinsic motivation to set goals while individually and collectively improve their game.

Practices November through May:

The 2006 premier team will meet three days a week starting in November. We will have two training days a week and participate in the Enhanced Development Program (EDP) one night a week. Once the spring arrives EDP will come to an end and the team will typically practice twice a week and play one game a week, depending on the league schedule. The season will end approximately the first week of July to allow the players down time from club soccer before their middle school seasons begin.

Tournaments and League Play:

The 2006 group will participate in tournaments spread out throughout November and into the spring/summer. In the February-April time frame we will look to travel around the New Jersey / Maryland area for an early season tournament. In May we will participate in NYSW State Cup and depending on the results possibly travel to Hershey for a May tournament. In June we will participate in the Lakefront Classic, held Father's Day Weekend. In all we will be looking at participating in three

to four tournaments outside the Rochester area. Tournament costs will be an added expense. The Lakefront Tournament is included in the price for premier soccer. The 2006 group will play in the Thruway League.

Multi-Sport and Multi-Interest Student Athletes:

With research being presented every year that demonstrates the growing issue with overuse injuries in youth sports the coaches with the 2006 team strongly encourage players to participate in other sports or other interests that they have in school. We want to keep the focus on players participating in an array of events including their school activities or participating in community groups, to help them develop as well rounded young adults. While we encourage the girls to be at training as often as possible, if conflicts arise and players want to attend a different sporting event or school event the coaches are supportive of that choice.

Individual Skill Training and Support of the Olympic Development Program:

For players that wish to work on their individual skills Lakefront offers personal soccer skills training with Jesse Meyers who has coached at the professional and college levels. He would need to be contacted to set up times and dates. For players that want to participate in the ODP Program the coaches of the 2006 team support that choice. The ODP Program allows the players to practice and compete against players throughout NYSW. For more on ODP Program go to the NYSW website.

Lakefront Travel/Premier Program Highlights:

- Three training sessions per week
- Enhanced Development Training Session
- Futsal training time
- No additional fees for State Cup competition, Lakefront Tournament, one league fee, and one designated Futsal Tournament
- Goalkeeper Training

Cost: \$1850 (This does not include extra tournaments or costs of uniform or apparel.)

If Interested Contact: Mike Graves: candmgraves@gmail.com For more information: www.lakefrontsc.com

2006 Premier Tryouts: August 3rd and August 6th