



LAKEFRONT SOCCER CLUB

2004/03(U17/18) BOYS PREMIER



Coaching Staff Philosophies

The head coach for the boys 2004/03 team will be David Jarvis, with assistant coaches Tim Wengender and Doug Hastings. The coaches believe soccer is one vehicle to assist the players maturity, the understanding of how to function within a team, and become positive individuals as they grow. Training sessions are designed to be competitive and the players are expected to work hard. The focus will be on the tactical and technical aspects of the game with emphasis on game intelligence and awareness. The overall goal is to help develop players become student-athletes who are good role models in their respective communities and then have that lead into them becoming successful high school and college players.

Training is November through July of the following year

The 2004/03 premier team will meet three days a week starting in November. There will be some scrimmages either during the sessions or in addition to. The winter session will run from the first full week of November to the last week of April. We will have two training days a week (one weekday and one weekend) plus players will 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 but could be earlier, to allow the players down time from club soccer before their high school seasons begin.

Tournaments and League Play

The 2004/03 group will participate in several tournaments throughout November and into the spring/summer. There will be more focus on college showcase tournaments which will give the players the opportunity to get more exposure to college coaches. This will require a little more travel outside of the Rochester area, so we will work with the team to develop a good plan. The NYSW State Cup will be one of the tournament considerations in May along with some other showcase tournaments. We will have Tournament(s) in April which will be more of pre-season game prep. In June we will participate in the Lakefront Classic, held Father's Day Weekend. In all, we will be looking at participating in four to five tournaments, could be more. Tournament costs will be an added expense. The Lakefront Tournament is included in the price for premier soccer. The 2004/03 group will play in

one league for the upcoming season with more focus on the tournaments. The coaching staff will make the league decision at the start of the training season.

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 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 boys to be at training as often as possible, if conflicts occur we would like for this to be good learning opportunity for players to make a thoughtful decision based on the situation. We believe this is good for decision making which will be required on and off the field.

Individual Skill Training and Support of the Olympic Development Program

For players who 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 who are considering ODP, we will work on avoiding the conflicts where possible once we have the information ahead of time. You can go the NYSW website to learn more about the ODP program.

Lakefront 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

Individual College Guidance meetings for families of players

- Goalkeeper Training
- Cost: About \$1850 (This does not include extra tournaments or costs of uniform or apparel)

Tryouts are August 3 – 6th

You can contact me prior to tryouts if you are interested
David Jarvis: djarvis1003@gmail.com

Visit Lakefront SC website: www.lakefrontsc.com