

# About The Coaching Staff

## Jeff Knittel

### Director of Coaching

A former player at Syracuse University, Jeff has become one of the most recognized players from the Syracuse area. A native of Chittenango, he was a 3 time All-



America, 1994 National High School Player of the year, a former U17 USA National Team Player, and the 1995 Big East Conference Rookie of The Year. He was the Boys Varsity Head Coach at Fulton High School from 2002 - 2007 and lead the team to the 2005 NYSFSA State Championship, and the 2006 Section III Finals. From 2009-2011, Jeff was the Men's Soccer Head Coach at Onondaga Community College leading the program to the MSAC Conference Championship in 2011 and Runner Up in 2009 & 2010. Jeff is the General Manager at The CNY Family Sports Centre. He currently holds a USSF National "B" License.

Adela Racic - Staff Coach

Dave Bove - Staff Coach

Madison Cumminsky - Staff Coach

Tia Segretto - Staff Coach

Chris Spaulding - Staff Coach

Reis Cunningham - Staff Coach

\*Many Talented Coaches from the Syracuse area will be present at Games and Training\*

\*Guest Coaches will be attending weekly\*

\*Guest Coaches will consist of some of the best current youth coaches in the area\*



# Allstate

Anthony Falso Agency\* (315) 622-1208



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# About The Sports Centre

## Featuring Indoors

- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dasherboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level Mezzanine for spectator viewing

## Featuring Outdoors

- ◆ Three 110 yd. x 70 yd. multipurpose natural grass fields
- ◆ Two 70 yd. x 40 yd. multipurpose natural grass fields
- ◆ One 90 yd. x 60 yd. multipurpose natural grass field
- ◆ One 35 yd. x 25 yd. multipurpose natural grass field
- ◆ Family picnic area
- ◆ 250 car parking lot

Conveniently located off Route 690 at Jones Road  
or Exit 39 of the NYS Thruway



# Youth Soccer Individual Registration

February 2016 - April 2016

Soccer Training and Games  
Ages U6-U19

Training Every Monday

Games Saturdays or Sundays



# Spring Indoor Season

The CNY Family Sports Centre  
7201 Jones Road  
Syracuse, New York 13209  
Phone 638-8866  
Fax: 638-2882

[www.CNYFSC.com](http://www.CNYFSC.com)

# General Information & Dates

## General Information

Our objective with the CNYFSC Youth Soccer program is Player Development. Competitive games & training sessions are what each player needs at the younger ages. Winning should be important but not the only goal. The games are used as a training tool just as much as the Monday skills training.. CNYFSC Youth Soccer training sessions are skill sessions. You may or may not train as a team. The sessions are geared towards improving each players individual skills. Once the individual skills are taught, we can move onto teaching tactics.

All CNYFSC Youth Soccer Teams will be formed with a first come first serve basis. Players will be placed on teams until the roster is full. The number of incoming players will determine the number of Youth Teams in each age group.

Individual players interested in joining a team can sign up for any of our CNYFSC Youth teams. Each one of the age groups will have boys and girls teams. If we do not have enough we will form coed teams.

Age	Field Size	Goal Size	# w/ Keeper
U6-U8	35yd x 25yd	4' x 9'	4v4 or 5v5
U8-U12/U13	185ft x 85ft	6' x 12'	7v7
U13/U14-U19	185ft x 85ft	6' x 12'	6v6

## Number of Games & Dates

### 8 Games

February 6th /7th, February 13th/14th February 20th/21st, February 27th/28th, March 5th/6th, March 12th/13th, March 19th/20th, April 2nd/3rd, April 9th /10th, April16th/ 17th, April 23rd/24th, April 30th/ May 1st

### Playoffs

Top 4 Teams in Each Division Qualify  
April 30th/May 1st

## Number of Training Sessions & Dates

### 14 Training Sessions

February 1st, February 8th, February 15th, February 22nd, February 29th, March 7th, March 14th, March 21st, March 28, April 4th, April 11th, April 18th, April 25th

(Training is open to all CNYFSC Youth Soccer players)

# Game & Training Information

## CNYFSC Youth Soccer Indoor Games

**Day:** Saturday or Sunday

**Games are mainly played on Saturdays but there will be a few games on a Sunday due to the number of registered teams**

**Start Date:** February 6th/ 7th

**End Date:** April 23rd/24th (Last Games)

**Playoffs:** April 30th/ May1st

**Game Kick off Times:** Vary by Age Group

### Price:

**New Player Fee:** \$165.00 (Games, Training and Jersey)

**Returning Player Fee:** (from current session): \$155.00

**New Player Games Only :** \$100.00 (Games and Jersey)

**Returning Player Fee Games Only:** (from current Session): \$90.00

## Location of Games & Training Sessions

The CNY Family Sports Centre  
7201 Jones Road  
Syracuse, NY 13209

The CNYFSC Youth Soccer games will be played every Saturday or Sunday beginning on **February 6th/7th**. Each player will play **8** games and the season will end on **April 23rd/24th (Playoffs will be held on April 30th/ May 1st)**. **All teams will play 2 25 minute halves**. The CNY Family Sports Centre will provide each individual with a CNYFSC Youth Soccer shirt/Jersey. The players will be placed on a team coached by a **member of our staff**.

The games will be used as another training tool to help each player maximize his/her potential. Player Development is the number one priority. We believe at this level players should get an opportunity to play equally and learn in an enjoyable environment.

## CNYFSC Youth Soccer Training

(Concentration on Individual Skills)

**Day:** Every Monday

**Start Date:** February 1st

**End Date:** April 25th

### Skills Training Times:

**U6 - U10** - 6:30pm-7:30pm

**U11 & Up** - 7:30pm-8:30pm

\*Training times may adjust due to number of registered players\*

# Registration Form

CNYFSC INDOOR YOUTH SOCCER REGISTRATION FORM  
SPRING 2016 INDOOR SEASON

Player's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ B or G

If Returning: (from current session): List Team Name: \_\_\_\_\_

Shirt Size: (Circle) YS YM YL AS AM AL

Is Your Child A GoalKeeper: (Circle) Yes or No

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Credit Card: (Only if paying with credit card)

Visa \_\_\_ MasterCard \_\_\_ Discover \_\_\_

# \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVC2 Code: \_\_\_\_\_

Card Holder: \_\_\_\_\_

**Waiver of Liability:** By Signing this registration, I understand I am responsible for providing insurance for my child or myself against personal injury or death while participating in activities at the Central New York Family Sports Centre. I also hold the Central New York Family Sports Centre harmless in the event of injury or death.

Signature: \_\_\_\_\_

If you would like to place your child with a particular player or players please list the name or names below:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

### Player Fees:

**New Player Fee:** \$165.00 (Games, Training and Jersey)

**Returning Player Fee:** (from current session): \$155.00

**New Player Games Only :** \$100.00 (Games and Jersey)

**Returning Player Fee Games Only:** (from current Session): \$90.00

Please make checks out to:

CNYFSC

Please Register By January 25th, 2016