

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 NYSPPHSAA State Championship , and the 2006 Section III Finals. Jeff is the Manager / Program Director at The CNY Family Sports Centre. In 2009 Jeff became the Men's Soccer Head Coach at Onondaga Community College. He currently holds a USSF National "B" License.



Matt Gills

Gilly, as the kids call him, played his high school soccer for Fayetteville-Manlius where he was a 2 time All-CNY player. He won several NYSW State Championships playing for the Styx & Kicks Rockets. Matt also played in college for the Division III powerhouse Plattsburgh State University. Gilly is also a fan favorite and star performer on the CNY United PASL Semi-Professional Indoor Men's Team. Matt's vast playing experience and passion for the game of soccer has him flying through the coaching ranks in Central NY.



Freddie Chambers

Freddie was a four year varsity starter at West Chester Henderson in West Chester, PA. where he is the All-Time leading goal scorer with 86 career goals. In High School he as named three times to the All-Chesmont 1st Team, two times to the All-State team, All-Region and All-America. Freddie played his club ball with West Chester United and FC Delco where he won 3 National Championships and 5 State Championships. Freddie then attended Bryant & Stratton College in Syracuse NY and Philadelphia University. After college Freddie played professionally with Delaware Dynasty and Harrisburg City Islanders.



Roble Robillard - Staff Coach

Greg Arnold - Staff Coach

Sean St. Denis - Staff Coach

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

About The Sports Centre

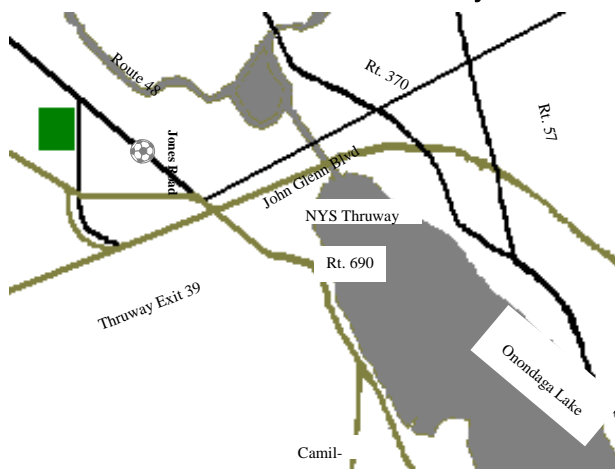
Featuring Indoors

- ◆ 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
- ◆ Family picnic area
- ◆ 250 car parking lot

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



CNYFSC Youth Soccer Individual Registration

Indoor Soccer Training and Games

Ages 5 and Up

Training Every Monday

Games Every Saturday



Fall/Winter League

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

www.CNYFSC.com



General Information and 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. The teams that will be formed for the Small Field are U6- U8. Teams that will be formed for the Large Field are U9-U11 and U12 & Up. Each one of the Large Field age groups will have boys and girls teams. If we do not have enough we will form coed teams.

Field Size & Goal Size

U6-U8	35yd x 25yd	6' x 12'
U9-U11	185ft x 85ft	6' x 12'
U12 & Up	185ft x 85ft	6' x 12'

Number of Players

U6-U8	5v5 (4 and a Keeper)
U9-U12	7v7 (6 and a Keeper)
U13 & Up	6v6 (5 and a Keeper)

Number of Games & Dates

8 Games

October 29th, November 5th, November 12th, November 19th, December 3rd, December 10th, December 17th, January 7th, January 14th, January 21st

Playoffs on January 28th

(If your team finishes in the top 4 in their league)

Number of Training Sessions & Dates

12 Training Sessions

October 24th, October 31st, November 7th, November 14th, November 21st, November 28th, December 5th, December 12th, December 19th, January 9th, January 16th, January 23rd

Last Session

January 23rd

(open to all CNYFSC Youth Soccer players)

Game & Training Times

CNYFSC Youth Soccer Games

Day: Every Saturday

Start Date: Saturday October 29th

End Date: Small Field - Saturday January 21st

Large Field - Saturday January 21st

Playoffs: Large Field - Saturday January 28th

Game Times: 7:00am - 6:00pm

Price:

Player Fee: \$150.00 (Games, Training and Jersey)

Games Only : \$80.00 (Games and Jersey)

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 beginning on **October 29th**. Each player will receive 8 games and the season will end on **January 28th** with playoffs . The games will begin anytime from **7:00am-6:00pm**. Each game is 50 minutes long consisting of two 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 or a **volunteer parent** (encouraged to volunteer)

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 Skills Training

(Not Team Training, Concentration on Individual Skills)

Day: Every Monday

(No Training on December 26th & January 2nd)

Start Date: Monday October 24th

End Date: Monday January 23rd

(all players will train on the 23rd even if they are done with games)

Skills Training Times:

U6-U9: 6:30pm-7:30pm

U10 & Up: 7:30pm-8:30pm

(age group times could change based on number of players)

Please Register for the Above Programs by October 17th

Registration Form

CNYFSC YOUTH SOCCER REGISTRATION FORM FALL/WINTER 2011/2012

Player's Name: _____

Date of Birth: _____ Age: _____ B or G

Shirt Size: (Circle) YS YM YL AS AM

Returning Player: (Circle) YES NO

If Yes, Previous Team Name: _____

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: _____

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:

Player Fee: \$150.00 (includes Games, Training and Jersey)

Games Only: \$80.00 (includes Games and Jersey)

Please Register By October 17th, 2011

Volunteer Coaching Opportunities

⇒ Please register at the Sports Centre by October 17th if you are interested in coaching a CNYFSC Youth Soccer Team

⇒ Contact Jeff Knittel @ 638-8866 if you are interested in the volunteer coaching positions.

Please make checks out to:
CNYFSC