

# About CNYFSC Youth Soccer

## 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 and losing should not be the priority. The games are used as a training tool. CNYFSC Youth Soccer training sessions are skill sessions. You will not train as a team. The sessions are geared towards improving each players individual skills.

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-U7. Teams that will be formed for the Large Field are U8-U10 and U12-U14. 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-U7	35yd x 25yd	6' x 12'
U8-U10	70yd x 40yd	6' x 12'
U12-U14	70yd x 40yd	7' x 21'

## Number of Players

U6-U7	5v5 (4 and a Keeper)
U8-U10	7v7 (6 and a Keeper)
U12-U14	7v7 (6 and a Keeper)

## Number of Games & Dates

8 games  
June 14th, June 21st, June 28th  
July 12th, July 19th, July 26th  
August 2nd, August 9th

## Number of Training Sessions & Dates

9 Sessions  
June 8th, June 15th, June 22nd, June 29th  
July 6th, July 13th, July 20th, July 27th  
August 3rd

# About The Sports Centre

## Featuring Indoors

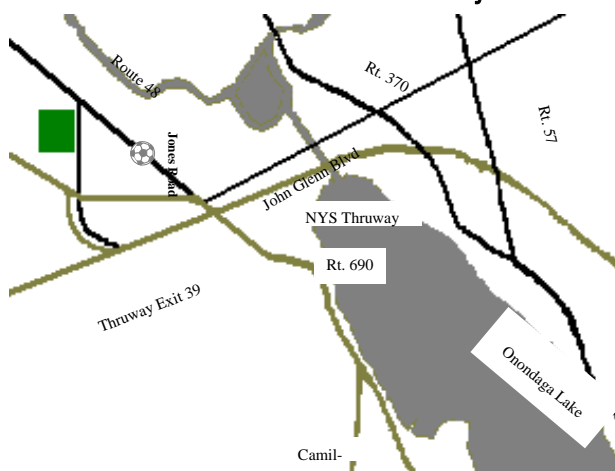
- ◆ Two 185' x 85', Sport Field turf (plays like natural grass) multipurpose fields with dashboards
- ◆ Seating for 320 spectators in bleachers
- ◆ One 500 sq. ft. warm-up area
- ◆ Men's & women's changing areas and rest rooms
- ◆ Education Center / Team Meeting Room
- ◆ Video arcade
- ◆ Upper Level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



Outdoor Soccer Training and Games  
Ages 5 - 14  
Training Every Monday 6:30pm-7:30pm  
Games Every Sunday



June 14th - August 9th

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)

# About The Coaching Staff

## Jeff Knittel

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 NYSPHSAA State Championship , and the 2006 Section III Finals. Jeff is the Manager/Program Director at The CNY Family Sports Centre, Coaching Director for CNY United FC and Head coach of the U11 Boys , U13 Boys & U18 Boys CNY United FC teams. He currently holds a USSF National "B" License.



## Jon Ramin

A former standout player at Baldwinsville & Faith Heritage where he was named 1st team All-CNY in 2000. Jon then took his game to LeMoyne College where he was a four year scholar-athlete & a key player that helped LeMoyne to a school record 17-2-1 in his senior year. Jon holds a USSF National "D" coaching License. In 2005 Jon coached the Central Women's Open team in the Empire State Games. This fall Jon is the Men's Assistant Coach at Cayuga Community College. He currently coaches the CNY United U9 Boys and has many years experience coaching camps & clinics at the Sports Centre.



## Matt Gillis

Gilly, as the kids call him, played his high school ball 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 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 New York. He is the CNY United FC U12 Girls Premier Head Coach as well as the CNY United FC U12 Girls Club Head Coach.



## 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 and currently plays with the CNY United FC PASL semi-pro team. Freddie is currently the Head Coach for the CNY United FC Mist U10G and CNY United FC Burn U10B teams.



# Game & Training Times

## CNYFSC Youth Soccer Games

**Day:** Every Sunday  
(No Games July 5th)

**Start Date:** June 14th

**End Date:** August 9th

**Game Times:** 12:00pm - 6:00pm

**Price:** \$125.00 Per Player (Games & Training)

**Location of Games:**

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

The CNYFSC Youth Soccer games will be played every Sunday beginning on **June 14th**. Each player will receive 8 games and the season will end on **August 9th**. The games will begin anytime from **12:00pm-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 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

**Day:** Every Monday

**Start Date:** June 8th

**End Date:** August 3rd

**Skills Training Times:** 6:30pm - 7:30pm

**Location of Training:**

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



# Registration Form

CNYFSC YOUTH SOCCER REGISTRATION FORM SUMMER 2009

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

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

Shirt Size: (Circle) YS YM YL AS AM

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 not currently registered with another organization, we will require a copy of a birth certificate in order to register an individual player.

### Volunteer Coaching Opportunities

⇒ Please register at the Sports Centre by **June 5th** 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.

Inquire at the front desk about the Sports Centre camps and clinics held throughout the fall, winter, spring & Summer

Please make checks out to:  
**CNYFSC**