

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 formed.

Individual players interested in joining a team can sign up for any of our CNYFSC Youth Soccer teams. The teams formed for the Small Field are U6-U8. Teams formed for the Large Field are U9-U15. Each one of the Large Field age groups will have boys and girls teams. If we do not have enough to form separate teams we will form coed teams.

Field Size & Goal Size

U6-U8	35yd x 25yd	6' x 12'
U9-U15	185 ft x 85ft	6' x 12'

Number of Players

U6-U8	5v5 (4 and a Keeper)
U9-U11	7v7 (6 and a Keeper)
U12-U15	6v6 (5 and a Keeper)

Number of Games & Dates

9 games (in 13 Weeks)

January 30th, February 6th, February 13th,
February 20th, February 27th, March 6th,
March 13th, March 20th, March 27th, April 3rd,
April 10th, April 17th, April 24th

Number of Training Sessions & Dates

11 Sessions

January 25th, February 1st, February 8th,
February 22nd, March 1st, March 8th, March 15th,
March 22nd, March 29th, April 5th, April 12th

About The Sports Centre

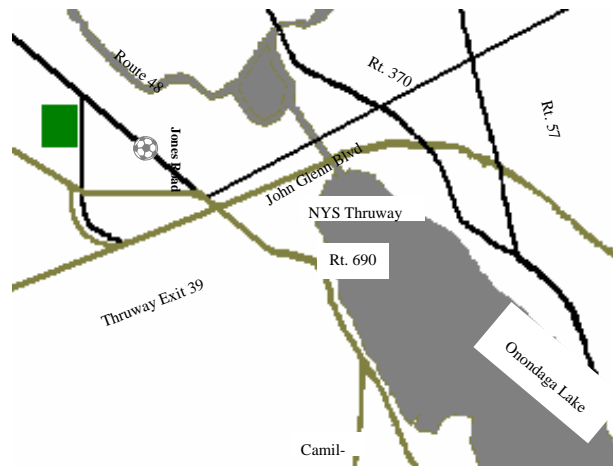
Featuring Indoors

- ◆ 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
- ◆ 9ft x 12ft Big Screen TV
- ◆ WiFi, Wireless internet access

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



Indoor Soccer Training and Games

Ages 5 - 15

Training Every Monday

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

U10-U15 7:30pm-8:30pm

Games Every Saturday or Sunday



January - April 2010

The CNY Family Sports Centre

7201 Jones Road

Syracuse, New York 13209

Phone 638-8866

Fax: 638-2882

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, Men's Soccer Head Coach at Onondaga Community College and Head coach of the U12 Boys & U14 Boys Empire United SA 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 SUNY ESF. He currently coaches the Empire United SA U10 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 Empire United SA U13 Girls Premier Assistant Coach as well as the Empire United SA U14 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 Empire United SA U11 Girls and Empire United SA U9 Boys Teams as well as the Assistant Coach for the Empire United SA U11 Boys.



Game & Training Times Registration Form

CNYFSC Youth Soccer Games

Day: Every Saturday or Sunday

Start Date: January 30th or 31st (determined by age group)

End Date: April 24th or 25th (determined by age group)

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

Price: \$150.00 Per Player (Games, Training & Jersey)

Location of Games:

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 **January 30th or 31st**. Each player will play 10 games and the season will end on **April 24th or 25th 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 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: January 25th

End Date: April 12th (No Training Feb 15th or April 19th)

Skills Training Times:

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

U10-U15 7:30pm-8:30pm

(Age Groups may change due to number of registered players)

Location of Training:

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



CNYFSC YOUTH SOCCER REGISTRATION FORM WINTER/SPRING 2010

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: _____

Volunteer Coaching Opportunities

- ⇒ Please register at the Sports Centre by **January 18th** 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.

CNYFSC Youth Soccer

Fee: \$150.00 per player

Includes: 9 Games, 11 Training Sessions, & Jersey

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