

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 NYSPPSAA 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.



Brooke Barbuto

Brooke graduated from Corcoran High School in 2005, where she played Varsity Soccer, for both the girls and boys teams, and was a first team all league, county and state player. She then went on to Stony Brook University, graduating in 2009 and then, played a season of professional soccer for the Buffalo Flash. Brooke then moved back to Syracuse and coached the Bryant & Stratton women's soccer team in the fall of 2009 & 2010, and then she got the opportunity to play professionally once again in Iceland for the Haukar, Iceland's most popular team in the Summer of 2011.



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.



Colin Price - Staff Coach

Greg Arnold - Staff Coach

Sean St. Denis - Staff Coach

Matt Kavanaugh - Staff Coach

About The Sports Centre

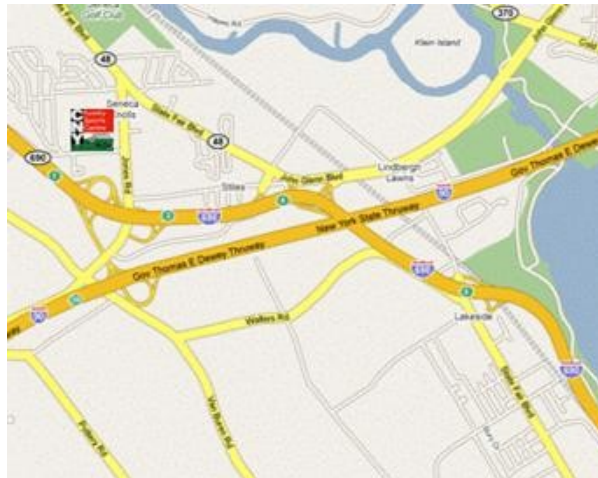
Featuring Indoors

- ◆ 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 & Sunday



Winter/Spring League

The CNY Family Sports Centre

7201 Jones Road

Syracuse, New York 13209

Phone 638-8866

Fax: 638-2882

www.CNYFSC.com

*Many Talented
present at

Games and Training*

Coaches from

the Syracuse area will be



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	4' x 8'
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

February 11th, February 18th, February 25th,
March 3rd, March 10th, March 17th, March 24th,
March 31st, April 14th, April 21st, April 28th
No games April 7th, due to Easter weekend

With 11 Weeks for games, and 8 game times, there will be BYE's (occasional weeks without games) throughout the season

Playoffs on May 5th

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

Number of Training Sessions & Dates

13 Training Sessions

February 6th, February 13th, February 20th,
February 27th, March 5th,
March 12th, March 19th, March 26th,
April 2nd, April 9th, April 16th, April 23rd, April 30th

(open to all CNYFSC Youth Soccer players)

Game & Training Times

CNYFSC Youth Soccer Games

Day: Every Saturday

Start Date: Saturday, February 11th

End Date: Small Field - Saturday, April 28th

Large Field - Saturday, May 5th

Playoffs: Large Field - Saturday, May 5th

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

Price:

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

Games Only : \$80.00 (Games and Jersey)

****Players returning from the Fall/Winter 2011/2012 Session, receive a \$10 discount****

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 **February 11th**. Each player will receive 8 games and the season will end on **May 5th** with playoffs . The games will begin anytime from **7:00am-7:00pm**. 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

Start Date: Monday February 6th

End Date: Monday April 30th

(all players will train on the 30th 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 January 17th

Registration Form

CNYFSC YOUTH SOCCER REGISTRATION FORM WINTER/SPRING 2012

Player's Name: _____

Date of Birth: _____ Age: _____ B or G

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

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)

****Players returning from the Fall/Winter 2011/2012 Session, receive a \$10 discount****

Please Register By January 17th, 2012

Volunteer Coaching Opportunities

⇒ Please register at the Sports Centre by January 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