

JUNEAU SOCCER CLUB PROGRAMS

U12 through U15 (Born on or after 8/01/95 through 7/31/99)

The program for this age group focuses on continued development of individual soccer skills and goal keeping while adding “advanced training” concepts of individual and team play. Players start practicing as a competitive team and are eligible for travel to the annual Zane Cup (U12) and State Cup tournaments and other out-of-town tournaments. A spring indoor tournament with Whitehorse (“Whitehorse Exchange”) is held in April. This year girls teams will travel to Whitehorse and boys teams will play in Juneau. The “Sister City Shootout” tournament is held in June in Juneau with teams from Whitehorse and other Southeast Alaska communities invited.

Parents of competitive team players help to run the team. Teams are required to have a manager and bookkeeper. Parents also typically serve as team chaperones on trips and coordinate team fundraising. Travel costs to tournaments are additional to club fees. JSC has several fundraising programs to help families raise traveling funds.

Skills and Advanced Training clinics are run by JSC Director of Coaching Matt Dusenberry. Goal-keeper training will be held during each keeper’s competitive team practice on the weekend. This will provide more 1-on-1 and in-game instruction. Matt and Phil Subeldia will be coaching the keepers. Matt holds a National A level USSF coaching license (highest possible). Phil is an expert keeper and holds a D level license.

The competitive teams are coached by trained, licensed, volunteer adult coaches. Currently JSC coaches and assistant coaches have State or National E and D level licenses. JSC contributes to the cost of coaches’ training.

Schedule:

October – February Indoor (All sessions at Wells Fargo Dimond Park Field House)

Approx. 66.5 hours total

19 weekly 1-hour Skills Clinics

19 weekly 1-hour Advanced Training Clinics

19 Sunday or Saturday 1.5 hour competitive team practice sessions with GK training

March – April Indoor/Outdoor (Sessions split between gyms/outdoor fields weather permitting)

Approx. 20 hours total

8 weekly 1-hour Skills Clinics or Futsol sessions

8 1.5 hour competitive team weekend practice sessions with GK training

May – July Outdoor

Approx. 27–51 hours total

Skills and 1 to 3 per Week 1.5 hour competitive team practice sessions

U12 through U15 yearly total: 103 – 137 hours training and competitive team practice

Annual club fee - \$325 with weekend practice.

Plus 2 or more “6v6” or other small-sided tournaments for all ages.

U12 through U19 - Summer Speed, Agility, Quickness clinics (extra cost)