

JUNEAU SOCCER CLUB PROGRAMS

U16 through U19 (Born on or after 8/01/91 through 7/31/95)

This program is for high school-aged players who want to continue to develop their individual ball handling and goal keeping skills as well as the “advanced training” concepts of individual and team play. Clinics for this age group also include Speed, Agility, and Quickness (SAQ) training which develops strength and athleticism and has been shown to reduce player injuries. Continued skill development is essential for high level interscholastic high school team play. We also encourage continued competitive team play through the high school years. Juneau has had several high school-aged competitive teams who were State Cup champions and performed well in national and even international tournaments.

Fees for high school interscholastic participation are separate from JSC fees for high school-aged players.

Skills Clinics are run by 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.

Advanced training sessions for boys are run by JDHS Boys Coach Gary Lehnhart. Gary holds a National C level USSF coaching license.

Advanced training sessions for girls are run by JSC Director of Coaching Matt Dusenberry.

The competitive teams are coached by trained licensed adult coaches. Currently JSC coaches and assistant coaches have E and D level licenses.

Schedule:

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

Approx. 76 hours total

19 weekly 1-hour Skills Clinics

19 weekly 1.5-hour Advanced Training Clinics (28.5 hrs total)

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

March – May

JSC program is generally suspended for these ages during HS season although some competitive teams may participate in the Whitehorse Exchange or have occasional practice sessions for players not in the HS program.

June – July Outdoor

Approx. 18 – 42 hours total

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

U16 through U19 yearly total: 94 – 118 hours training and competitive team practice

Annual Club fee - \$325 with weekend team practice, \$150 for development program only

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

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