



## Lady Pirate Soccer 2005 Season News

April 23, 2005

*Remember, these Newsletters are up on the WEB – go to [www.johndoty.us/phx](http://www.johndoty.us/phx) and follow the links to the BucsBlog*

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Dan Watkins, Assistant

Tara Curtis, Assistant, GKs

Lisa Perry, Assistant

Tori Sadler, Assistant

### CAMPS, JAMBOREES, FRIENDLIES

As mentioned last month, Lady Pirate Soccer will be providing training, fitness, skill, and match-like preparation throughout the summer months.



Concordia University coach Grant Landy, will repeat the 2004 camp, this time down on OUR fields. UK International will provide the second camp. FC Phoenix is co-sponsoring both camps and registration information is available at the "Camps" link at [www.fcphoenix.us](http://www.fcphoenix.us).



Concordia will be \$115 and UK International will be comparable (though I don't have a final number from them). North Valley will be sending a fair number of players to the Concordia camp, as well, and we should expect a third team to take part – whether Crater or Hidden Valley depends on who responds sooner.

There is nothing new to report yet on summer Jamboree or Bend dates. We should firm those soon – watch the website, and then the May newsletter.

### FITNESS and SKILLS OPPORTUNITIES

We said this last month, but it bears repeating ☺:

- ☠ Huff-n-Puff Hill is always available, with scheduled runs three mornings (M,W,F) a week, from 8am to 9am starting June 13 and going until the end of July.
- ☠ Open Fields will be held every Wednesday from July 6 through 27 at Phoenix HS. GK sessions start at 6pm, everyone else at 7pm. Play for ≈ 1 hour.

### COACHING STAFF

The new additions for 2005 are alumni from our first league title side in 1999. Tara Curtis, an all-league and all-state honored goalkeeper, who played two seasons each at Gonzaga and Pt. Loma Nazarene joins as a full time assistant, working with the varsity and all GKs. Lisa Perry, a four year starter when at PHS (primarily as an attacker) is anticipated as a part-time presence working with both teams.

### OTHER NEWS:

#### Uniforms

Nothing new – get them turned in!!!

#### Boots

Cruise the close-out specials at Eurosport ([www.soccer.com](http://www.soccer.com)) and Big Toe ([www.bigtoe.com](http://www.bigtoe.com)). You can often find an exceptional high end boot from last year at significant savings – this month's Eurosport Catalog includes some \$150+ adidas boots for under \$100 (with the "Goal Club" discount, which several of us associated with the program have – place an order through me or a GC teammate for these prices).

#### Fundraising

We will have need for some fundraising – particularly to pay for camps! Parents who worked on recent fundraisers, please get in touch with me mui pronto to discuss what has worked well and what you would be willing to help with again this year.

#### Technical

Said it last month, I'll say it again... Juggle Juggle Juggle. Find a wall and pass to yourself with every surface you can imagine using. The goal on juggling is 50 touches without having to restart. Get a training buddy and work 1v1 moves and interplay.

#### Tactical

MLS is providing EXCELLENT soccer viewing most weekends on ESPN2 – take advantage of watching tactical and technical soccer at a higher level than you currently play – it *will* improve your game. Be part of the Open Fields to get used to playing in combination with others and trying out interplay you've seen on TV (give and gos, no-looks, flicks, traps that are passes, etc...)

*Lady Pirate Soccer on the Web*  
[www.johndoty.us/phx/](http://www.johndoty.us/phx/) links to EVERYTHING  
Phoenix Soccer. Your first stop should be the  
BUCSBLOG!