



December 2011 *Sponsored by Smith Barney*

Nordic News

To: Coaches, Players, and Parents of Nordic Soccer Club.

Welcome to the December 2011 edition of Nordic News and happy hols to all.

As you know, the Nordic Indoor Soccer Center (NISC) is up and running. A great link on our website for all our families for team practices etc is the Nordic Training Calendar:

<http://www.nordicsoccer.org/html/calendar.shtml>

Please get familiar to using this to see what dates/times you have practices. Your Team Managers would greatly appreciate that! 😊

Our year is way underway and our team numbers are looking very healthy. We currently have 29 teams (14 Girls teams and 15 Boys teams) and close to 370 players in ages from 9 to 18 years old. As well as this, our U6 program has 31 players enrolled and our U8 Program has 28 x boys and 18 x girls.

If you have any questions for any of our Coaching Directors, please contact:

Director of Coaching: Wade Jean wjean@uvm.edu

Youth Technical Director (U6 thru U12 Boys and Girls): Charley Amblo ceamblo@comcast.net

Girls Director of Coaching: Marcel Choquette (U13+ Girls) MChoquette@smcvt.edu

Director of Operations: Jim Goudie thecalfee@aol.com

Abby Wombach coming to Nordic

US National team player Abby Wombach will be visiting the Nordic Indoor Soccer Center on Thursday December 1st from 7.30pm to 9pm. Hopefully all of our players have pre-registered as this event sold out in less than 36 hours! Abby will be on hand for a meet and greet with all our young and upcoming players and the chance for photo's and signatures. Wear your Abby Wombach, USA or Nordic shirts and come and meet one of the best female players in the world!

Nordic 14 Premier Girls trip to Holland

Please support our 14 Premier Girls with their fundraisers through-out the winter as they look to raise money to help with their costs for their trip to Holland. Under the guidance of our Youth Technical Director and their Head Coach, Charley Amblo, this team will be visiting Holland April 18th to April 28th. During the trip the team will visit Maastricht, Amsterdam, Aachen, Eindhoven, Brussels and The Hague as well as practices with KNVB coach's and scrimmages against local opposition. The team will be holding various fundraisers through-out the winter at our Indoor Center. Please support them as they look forward to this once in a lifetime trip!

Poulin Performance

Our first session of strength and conditioning with **Poulin Performance** starts on Tuesday November 29th from 5pm to 6pm at the Nordic Indoor Soccer Center.

Poulin Performance and Rehabilitation are pioneers in the area of functional training and Physical Therapy rehabilitation. Their integrated philosophy to training and rehabilitation has helped hundreds of area amateur and professional athletes. **Poulin Performance** is recognized as the area leader offering the highest level of Performance Enhancement Training and Physical Therapy.

Sessions will be one hour long and will follow the proven methodology of dynamic warm-up, core stabilization, balance training, plyo-metrics, speed technique, agility training, and strength training and cool-down.

Players will learn and improve in the areas of speed, agility, power, strength and flexibility

The primary goal is to improve physical performance, decrease injury potential and ensure more productive and efficient athletes in a convenient and affordable way.

Spaces are limited, so please contact Jim Goudie asap if you are interested!

Center of Excellence

Our first session of our Center of Excellence is underway for our U10, U11 and U12 Boys and Girls players. **The Centre of Excellence is a supplemental training and playing opportunity for the selected participant. The Centre of Excellence meet weekly for training sessions throughout a 6 week period, guided ONLY by Full National licensed coaches.**

Session 1 invitees are:

10 Girls

Karolina Sienko, Savannah Wageman, Brooke Fontaine, Leola Amblo, Willa Clark, Ella Gazo, Ava Miller, Kayla Carroll, Michalyn Fagan, Eden Wright, Tess Spielman, Emily Bloom and Grace Martin.

11/12 Girls

Olivia DuBrul, Madison Finelli, Abby McKeown, Emma Hoechner, Sadie Hoechner, Ani McMannon, Lauren Flewelling, Ella Woodruff, Bailey Burt, Autumn Hathoway, Hanna Swett, Ali Bisaccia, Fiona Doherty and Natalie Durieux.

10 Boys

Nate Godbout, Daniel Hibbeler, Oliver Martin, Ben Mazza-Bergeron, Marc Davis, Will Bialowoz, Nick Poplawski, Nick Ravaschiere, Blain Martin, Ryan Eaton, Gavin Hubbard, Alex Leonard and Owen Greene.

11/12 Boys

Jake Blow, Ekrem Hadzic, Andrew Wilkinson, Nick Durieux, Liam Dillon, Nolan Davis, Connor Abrahams, Kai Cormier, Nate Coffin, Ivan Llona, Tyler Muttillainen, Lou Gazo, Jack Guntulis and Evan Rouleau.

Class of 2012

As always, we have a very strong graduating Class of 2012. Five of our players have already committed to playing soccer at the following schools:

Girls

Lauren Bernard - Boston College, MA

Boys

Nate Freiburg – UVM, VT

Todd Forrester – Lafayette College, Pa

Jack Shea - UVM, VT

Dan Ebenstein – Skidmore College, NY

College Showcase Results

Nordic's 18 Premier Boys played in the MAPS/MISSL College Showcase in New Jersey coming out with 1 win and 4 tie's in a very tough group...after a 0-0 draw with Lake Grove Vipers (NYE), 1-1 draws with Galaxy (NJ) and Valley Stream (NJ) were followed with a 2-2 tie with Match Fit (NJ)...their win was 3-0 vs Fairview from NJ ...Our 16 Premier Girls, 17 Premier Girls and 17 Premier Boys all played in the MPS College Showcase in Boston, MA. 16PG tied MPS Knights (MA) 1-1 on a Kiley Baillergeron goal before beating MPS Portland Phoenix (ME) 3-0 on goals from Audrey Morehouse and Kiley Aither and a 4-0 win over Burlington Ajax (CT)....17 Premier Boys earned top spot in the Elite Maroon Group. Soccer teams from all over New York and New England converged on Boston, MA to demonstrate their talents in front of a 150 college coaches. The Nordic Boys opened Saturday's group play with a 4-0 win over South County Tornados (RI) with goals from Noah Lieberman, Roshi Brooklyn, Sam Boylan and Alec Brigante. They followed that up on Sunday with a 3-1 win over a talented SSA Revolution (NYW) squad with goals from Sam Boylan, Connor Hirsch and Roshi Brooklyn. The final match of the day was against undefeated FC United (MA) and was for first place in the group. Both teams defended well in what was a very tight game and it was not until Shane Haley broke through late in the game and was fouled in the box that Nordic was able to take the lead as Sam Boylan smashed in his third goal of the weekend from the penalty spot. Goalie Truman Daniel closed out the game giving the U17's a shutout victory and 1st place in the group.

17PG lost 2-0 to Blackhawks (NY), won 1-0 against Blackwatch (NY) on a Caroline DeLuca goal and tied 1-1 with Nova (MA) with Katy Ronaldo scoring.

High School Awards

Congratulations to all of our high school age players on their seasons. The Burlington Free Press recently announced its All State Teams and the highlight was Nordic's Lauren Bernard being named the Burlington Free Press Girls Player of the year. Lauren is a senior at Colchester High School and has been a Nordic player for the last 10 years! Lauren was joined on the Free Press Girls All State First team by fellow Nordic players Jenna Morrissey, Samantha Rock and Madison Schaefer. Alexa Pius, Katy Ronaldo and Jenna Weed made the 2nd team whilst Angie Krywaczyk and Lara Collins got Honorable mentions.

On the boys side, Nordic dominated!...Seven of the 11 players on the Free Press Boys All-State team were Nordic players. Nate Freiburg, Jack Shea, Jack Loud, Thomas Artensaye and Wills Coles from our 18 Premier Boys were joined by Shane Haley and Nghia Nguyen from our 17 Premier Boys team. Guthrie Drake and Alex Trick made the 2nd team whilst Thomas Woolsen, Alejandro Vinals, Todd Forrester, Peter Rinkema, Zach Ellison and Cody Nash-Gibney received honorable mentions.

18 Premier Boys player Charlie Vallee has been named to the New England Prep School Jnr All-Star Team after a stellar season at Taft prep school.

Facebook

Nordic Soccer Club is now on Facebook...go to the Nordic website (www.nordicsoccer.org) and join us!

If you have any news for upcoming Nordic News, please e-mail your stories to Jim Goudie at thecalfee@aol.com