



October 2008

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## ***Nordic News***

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

Welcome to the October 2008 **Nordic News** and welcome to all the new and returning Nordic players and parents for the 2008-09 Nordic soccer season. Try-outs for our teams are complete and we had a record 390 players try out for our various teams. In addition to our older teams, we should be close to 27 teams for the upcoming year. We do have spaces still available on some of our Club teams!

**Nordic is looking for players on the following teams:**

13 Boys Club  
14 Boys Club  
15 Boys Club  
18 Boys Club

Good luck to all our players that are playing either Middle School or High School soccer this fall and as you read the Burlington Free Press on a daily basis, a lot of Nordic players are doing very well. Nordic is currently hosting our **Fall Program** at the Tree Farm on Sundays and Mondays for our younger players and over 50 players are involved with that program.

**Nordic Soccer Center (NSC)**

This year Nordic will be hosting our own leagues under the name of the Nordic Soccer Center (NSC) in the south side of the Robert E Miller building at the Champlain Valley Fairgrounds in Essex Junction. All information, application forms, schedules, standings, etc. are available through [www.nordicsoccer.org/indoor](http://www.nordicsoccer.org/indoor).

We will be hosting our traditional 7v7 leagues for all age groups as well as 9v9 leagues for adults and 5v5 for U8's. Team practice and Pool Training times and dates are now available on the Nordic calendar

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

**Nordic Club Meeting**

Jesse Cormier, Nordic Director of Coaching, will be hosting a Nordic parents meeting on Monday November 3<sup>rd</sup>, 7pm at the Nordic Soccer Center. This is an opportunity for all Nordic parents to meet the Nordic staff and Board members and we will be discussing the club and the upcoming year. Parents of all our teams are highly encouraged to attend to get a great insight in to the club.

**Nordic U8 Winter Program**

The Nordic Winter program will commence on Monday November 10th and continue through Monday April 6th. This program is for boys and girls ages 7 and 8, born between 8/1/2000 and 8/1/2001 and is a player's first introduction to **Nordic Soccer**. Players will receive 45 mins of coaching from current Nordic staff and current and former UVM players and will also (**\*\*new this year\*\***) participate as a team in our U8 5v5 Co-ed league.

**Dates**

Nov 10, 17, 24, Dec 1\* (practice only...no game), 8, 15 and 22.  
Jan 5, 19, 26, Feb 2\*(practice only...no game) 9 and 16.  
March 9, 16, 23, 30 April 6.

**Times**

Games will be 3.30pm to 4.15pm

Practise will be 4.15pm to 5pm

**Cost**

\$230 per player

**Poulin Performance Center signs agreement with Nordic Soccer**

Nordic Soccer Club is pleased to announce a collaboration with **Poulin Performance**. **Poulin Performance** is recognized as the area leader offering the highest level of Performance Enhancement Training and Physical Therapy. Under this agreement Poulin Performance agrees to provide speed, agility, and strength to members of the Nordic Soccer Club. This high level service will be provided at the Nordic Soccer Center in Essex Junction as well as at Poulin's state of the art training facility in South Burlington.

**DETAILS**

- Sessions will be broken down into age groups and available on a first come first served basis
- Age groups will be divided into two ages: 11-14 and High School
- Blocks of time will be dedicated for these sessions at the Nordic Soccer Center and at Poulin Performance
- Sessions will be one hour long and follow our 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.

Also available under this agreement will be free injury screenings throughout the year and discounted individual training and vo2 max testing with customized conditioning programs. Sign ups will be done through Nordic Soccer and you will be notified by Nordic Soccer of the dates and times of training.

We will be hosting a “demo day” with Poulin Performance on Saturday November 8<sup>th</sup> for our players. U11 to U14 players (Boys and Girls) from 1pm to 2pm. High School age Boys and Girls from 2pm to 3pm. This will be held on the Nordic practise field at the Nordic Soccer Center and is free to all Nordic players.

**Uniform Swap.** We are currently going through the process of ordering our uniforms for the upcoming 2008-09 season. This will be the last year of this current line of Nordic uniform and next year will be a new line of uniform. If any of our current or former families have a current uniform that they would like to sell, please contact Jim Goudie at [thecalfee@aol.com](mailto:thecalfee@aol.com).

**Nordic Alumni list**

Check out the new link on our website (<http://www.nordicsoccer.org/html/alumni.shtml>) for a list of current and former Nordic players that have gone onto play soccer at the collegiate level. Nordic is very proud of it's past and it's former players and many of our players have gone on to have very successful college soccer careers. Formed in 1986, hundreds of Nordic players have played College Soccer all over the country and at all various levels.

**Nordic Boys Day at St Mike's**

St. Michael's Men's soccer team will be hosting Nordic's boy's teams on Saturday October 25<sup>th</sup> when they compete against Assumption College with a 3.30pm kick-off. Nordic players are encouraged to wear Nordic apparel for the game and admission is free. St. Mike's currently has 4 former Nordic players on its roster. **Blake Schill, Robin Pierce, Jason Burnett** and **Cam Harmon** are all current SMC players and Nordic U10 Boys coach **Matt Gazo** is also on the SMC coaching staff.

Coaches don't forget to e-mail your team/player stories/achievements to Jim Goudie at [thecalfee@aol.com](mailto:thecalfee@aol.com) no later than the end of the month.

