

2010 SOCA TRYOUTS

Open Tryouts for Travel & Challenge Teams

All 2010 Tryouts held at SOCA South Fork Soccer Park

- ✓ All players must attend tryout to be considered for a SOCA Travel team.
- ✓ Attendance at both sessions is highly recommended.
- ✓ Players must tryout for age-appropriate team.
- ✓ Placement on an older team is at the discretion of the SOCA Director of Coaching.
- ✓ No U10 players may play Travel. No U11 or U12 players may play up.
- ✓ All players interested in SOCA's Metro Travel program must tryout for appropriate Lightning, Storm or Express teams. No player can be placed directly on Metro teams.

TRAVEL: UNDER 19/18, 17, 16 Boys & Girls (8/1/91 - 7/31/95)

Sunday, May 2, 2010	4:30-6:15pm	U19/18-U16 Boys
Sunday, May 2, 2010	6:45-8:30pm	U19/18-U16 Girls
Sunday, May 16, 2010	5:00-6:45pm	U19/18-U16 Boys
Sunday, May 16, 2010	7:15-9:00pm	U19/18-U16 Girls

TRAVEL: UNDER 15 Boys & Girls (8/1/95 - 7/31/96)

Tuesday, May 4, 2010	6:30-8:15pm	U15 Boys & U15 Girls
Thursday, May 6, 2010	6:30-8:15pm	U15 Boys & U15 Girls

Travel Boys & Girls U15 have been scheduled on the weekday to allow for all rising U14's in the Charlottesville-Albemarle area and beyond the opportunity to play their scheduled League matches uninterrupted or without anxiety of having tryouts the same day as a game day.

TRAVEL & CHALLENGE: Under 14-U11 Girls Only (8/1/96 - 7/31/00)

Monday, May 3, 2010	5:00-6:30pm	U12-U11 Girls
Monday, May 3, 2010	7:00-8:30pm	U14-U13 Girls
Wednesday, May 5, 2010	5:00-6:30pm	U12-U11 Girls
Wednesday, May 5, 2010	7:00-8:30pm	U14-U13 Girls

TRAVEL & CHALLENGE: Under 14-U11 Boys Only (8/1/96 - 7/31/00)

Monday, May 10, 2010	5:00-6:45pm	U12-U11 Boys
Monday, May 10, 2010	7:15-9:00pm	U14-U13 Boys
Wednesday, May 12, 2010	5:00-6:45pm	U12-U11 Boys
Wednesday, May 12, 2010	7:15-9:00pm	U14-U13 Boys

CHALLENGE: Under 10 Boys & Under 10 Girls (8/1/00 - 7/31/02)

Monday, May 17, 2010	5:00-6:45pm	U10 Girls
Tuesday, May 18, 2010	5:00-6:45pm	U10 Boys
Wednesday, May 19, 2010	5:00-6:45pm	U10 Girls
Thursday, May 20, 2010	5:00-6:45pm	U10 Boys

Make-up dates: as needed, TBD.

DIRECTIONS to South Fork Soccer Park:

From Charlottesville: Take US Route 29 North. Travel to stoplight at Polo Grounds Road (immediately after the bridge over the Rivanna River; just past Sam's Club). Turn right at light onto Polo Grounds Road. Follow road 1 mile and turn right into the soccer park.

INFORMATION SUBJECT TO CHANGE

Visit www.SOCAsport.org for more information; click on the Tryout Information link.

In case of inclement weather, visit website or call 434.877.RAIN (7246).

SOCA

Soccer Organization of Charlottesville-Albemarle



2010-2011



BOYS & GIRLS TRAVEL TRYOUTS

2009 VYSA STATE FINAL FOUR!

2008 VYSA STATE CHAMPIONS!

2008 USYSA Region I Championships!

SOCA

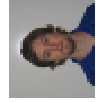
The Soccer Organization of Charlottesville-Albemarle is a non-profit soccer organization providing opportunities for approximately 4,500 players annually. Its Travel program attracts players from a wide geographical area throughout West-Central Virginia. The cornerstone of SOCA's mission is player development and long term success.

SOCA FULL-TIME COACHING STAFF:



Brian Earl Kuk, SOCA Director of Coaching

Licenses & Diplomas: NSCAA Premier; USSF National Youth License. Coaching Experience: VYSA Coaching Education Staff; Former Men's and Women's Assistant Coach at DI, University of Hartford; Region I ODP Staff. Playing Experience: Former US National Pool; Professional player (NY Fever & CT Wolves); NCAA Division I – Hartwick College; Final Eight & Sweet Sixteen Participant; 5-TIME Connecticut Open Cup Champion; Connecticut HS Player of Year. 2-Time HS State Champion; Region I ODP Champion, Region I ODP, CT ODP. B.A. in Business, Hartwick College.



Cory Greiner, SOCA Technical Director

Licenses & Diplomas: USSF 'B' License. Coaching Experience: Director of SOCA Camps, Clinics & Supplemental programs; Head Coach, SOCA U18 Lightning State Cup Champion. Playing Experience: Former Professional player (Richmond Kickers, St. Pauli – Germany); NCAA Division I – Virginia Commonwealth University; Virginia ODP. B.A. in Sports Management, Virginia Commonwealth University.



Craig Braman, SOCA Staff Coach & Challenge Coordinator

Licenses & Diplomas: NSCAA Premier; USSF 'A' License. Coaching Experience: Former Director of Coaching at New Mexico Clash SC, Former Region IV ODP Staff & Oregon ODP. Playing Experience: 3-Time National Champion NCAA Division I – University of Virginia, 4-Time Virginia Open Cup Champion; 2-Time USYSA Region I Champion; 2-Time High School Class 3A State Champion; Virginia ODP. B.A. in Psychology, University of Virginia.



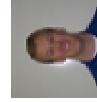
Kyle Lessig, SOCA Staff Coach & Metro Coordinator

Licenses & Diplomas: USSF 'A' License. Coaching Experience: Head Coach, Pro Indoor Richmond Kickers Future. Former Men's Assistant Coach at DI/II, Connecticut College. Playing Experience: Former Professional Player (Costa Rica Municipal de Goicoechea, Connecticut Wolves); ODP National Pool Player; NCAA Division I – Philadelphia Textile and University of Hartford, 3-Time Connecticut Open Cup Champion; CT ODP. B.S. in Secondary Education / Concentration in History, University of Hartford.



Sarah Curtis, SOCA Staff Coach & Outreach Coordinator

Licenses & Diplomas: USSF 'National D' License. Coaching Experience: Head Coach, SOCA Express. Playing Experience: Former Professional Player (Richmond Kickers Destiny); Former Region II ODP Player; NCAA Division I – University of Virginia, 4-Time Ohio South Open Cup Champion; Ohio ODP. B.A. in English Literature, University of Virginia.



Kevin Cash, SOCA Goalkeeping Director & Sponsorship Coordinator

Licenses & Diplomas: NSCAA National GK Diploma. Coaching Experience: Former Women's Assistant & Goalkeeper Coach at DI/II, Sweet Briar College. Playing Experience: Division III, Lynchburg College. B.A. in Elementary Education, Lynchburg College & University of Virginia.

Additional Elite Travel Staff members include: Steve Swanson (UVA Women's Soccer Coach, A License), George Gehovatch (UVA Men's Soccer Coach, A License), Mike Ginsburg (B License), Shay Bell (B License), Fran Lavin (B License).

ATHLETIC TRAINERS, FITNESS PERFORMANCE & ENHANCEMENT



Derek Laing, Strength / Conditioning / Fitness Enhancement Coach

Movement Specialist at ACAC. Former Head Strength & Conditioning Coach for Olympic Sports at the University of Virginia. Physical Education with concentration in Biomechanics of Sport Movement, Purdue University.



Nicole Greivous, Certified Athletic Trainer (ATC) (PT @ ACAC)

Certified Clinical Athletic Trainer at Physical Therapy at ACAC. Bachelor of Science from James Madison University with concentrations in athletic training and pre-physical therapy. Ten years experience in physical therapy clinical settings as an athletic trainer. Specializing in prevention of injury, particularly the prevention of ACL tears in female athletes.

QUESTIONS ABOUT THE SOCA TRAVEL PROGRAM?

Visit www.soca.sport.org or Email: Brian_Kuk@SOCA.sport.org

Elite Coaching

SOCA's professional youth coaching staff combines high-level playing and coaching experience with a commitment to training, guiding and advising players and teams to reach their maximum potential. SOCA's elite-level coaching staff members are USSF or NSCAA nationally licensed.

Top Facility

SOCA owns and operates its own soccer facility. The SOCA-ACAC South Fork Soccer Park has five premier Bermuda-grass fields and is the training and home game site for SOCA's elite-level teams.

Uniting Top Players for Elite Leagues & Tournaments

SOCA's elite-level teams play in the prestigious Virginia Club Champions League (VCCL). Weekly, SOCA teams compete against the best available competition. SOCA players also attend top tournaments including: Dallas Cup, Jefferson Cup, Raleigh Shootout & Bethesda Showcase. SOCA's Metro (premier) teams compete in the Skyline Club Soccer League (SCSL). SOCA's Elite teams unite clubs in West-Central Virginia. SOCA invites the best and most ambitious players from the Skyline region to tryout for SOCA's Elite teams (Lightning, Storm & Express).

Year-Round Player Development Opportunities

Programming for the elite player at SOCA is year-round and comprehensive. SOCA provides a pre-season camp for its Elite and Premier travel teams. In season, SOCA provides speed and agility training with performance enhancement specialists and weekly advanced technical training. SOCA sends a minimum of two teams to Europe each summer.

Dallas Cup & Florida U14 VCCL Select Team Events

Top U14 SOCA players are eligible for VCCL Select teams competing in the country's best youth soccer tournaments, the Dallas Cup or similar quality tournament. VCCL select players compete against international, professional youth and national teams.

Block Scheduling

VCCL matches occur at the same site on the same day in a club-to-club format. Parents of multiple VCCL players can attend all their children's matches. This unique schedule allows players to learn from peers and interact with SOCA staff.

College Soccer

SOCA's U19-U16 Boys and Girls teams participate in a variety of College Showcase tournaments during the Fall & Spring seasons, including nationally acclaimed college scouting tournaments, Greensboro Labor Day, Kickers Friendlies, Jefferson Cup & Raleigh Shootout. SOCA offers an annual recruiting seminar and works closely with players to help them make the right college choice; both academically and athletically.

SOCA Select Academy (SSA)

SOCA provides the very best players in West-Central Virginia the opportunity to come together and play in an extended 8-month (August-March) program. We offer Select Academy boys and girls teams which may include U18-U14 eligible players. The teams compete in select regional and national events that are not available to other clubs. The SSA combines the region's elite and most committed players who seek advancement to the state, regional, national, college and professional levels. Players are selected by the Director of Coaching and the coaching staff.

SOCA Players in College

SOCA graduates currently play in top NCAA Division I, II & III men's and women's programs such as: the University of Virginia, James Madison University, Radford University, The University of Mary Washington, The College of William & Mary, American University, Longwood University, University of Pennsylvania, Liberty University, Stanford University, Christopher Newport University, Virginia Wesleyan, VCU & University of Richmond.

UVA / SOCA Relationship

SOCA and UVA team up to run the World Cup Camp, ATDP Showtime and a variety of soccer programming. This valuable relationship provides players with terrific exposure, training opportunities and NCAA Division I recruiting opportunities.

Performance Fitness Enhancement / Athletic Training

SOCA is one of the few youth clubs providing fully licensed Athletic Trainers at its training sessions and matches. Additionally, SOCA Strength, Conditioning & Fitness Enhancement Coaches run 12-month programs to improve players strength, speed, flexibility and mobility.