

CROSSFIRE SELECT
TEAM INFORMATION SHEET
2011-2012 Program Year

Team Information	
Team Name	Crossfire Select Farzeen
Gender & Age	Girls U15
Primary Team Contact Info	http://www.crossfireselect.org/crossfire-select-96-farzeen.html
Coach Information	
Coach Name/License	Farzeen Mohazzabfar, USSF National D License
Coaching Experience	2003-2007 BYSC, 2007-2011 Crossfire Select, 2010-2011 FC Edmonds 2011 Bellevue High School goal keepers (girls)
Contact Info (email, phone)	Farzeen Mohazzabfar, farzeen96@qualityinmotion.com ; 206-890-0707
Philosophy	
Coaching philosophy	Develop and foster a love for the game of soccer with an emphasis on <u>team</u> , where the whole is greater than the sum of its parts. We develop players. Seven of our players made their high school varsity teams with six being starters.
Game playing time philosophy	Player will not get equal playing time. Averaged over an entire season, we will try to ensure everyone gets 1/3 per match playing time. Generally, we reward more playing time to players who attend practices regularly, follow team rules, performance during practices and games, understanding the team and game's tactical goals and pass the team's minimum fitness test.
Other Sport/Activities accommodation	We support other sports and activities. Soccer must be the player's main activity during the soccer season.
Schedule	
Program Year Duration – start and end months	June 1 st through end of August. December through February and two weeks prior to PSPL Cup through end of the Cup.
Practice frequency and duration	2 times a week 1.5 hours per session. A team representative will be available 15 minutes prior to each practice for an optional 15 minutes warm-up and strengthening program to help reduce the possibility of ACL injuries common amongst young female soccer players.
Competitive Play Venues	
League and State Cup Play	PSPL Super League Division and US Club WA Cup
Summer Tournaments/Dates	June 2011, Baker Blast, Bellingham, WA Champions (Premier Division) July 2011, Crossfire Select Cup, Redmond, WA, Finalists (Gold) November 2011, Cranberry Cup, Bothell, WA, Champions Five scrimmages with distances of about an hour or less
Other team highlights	Three dedicated coaches. Competitive team: <u>High school</u> <ul style="list-style-type: none"> • 2011, Six players were selected to play high school varsity as freshmen at multiple high schools including Juanita, Lake Washington, and Bellevue high schools. <u>League Play</u> <ul style="list-style-type: none"> • 2010, PSPL, Champions Division, 1st, 10W, 0L, 2D • 2009, NPSL, Division 1, 1st, 10W 0L 2D • 2008, District III Gold Titanium, 4th, 7W, 3L, 3D • 2007, District III Gold Platinum, 1st, 13W 0L 1D <u>Tournaments</u> <ul style="list-style-type: none"> • 2011, US Club WA Cup, Quarter-Finalist • 2010 Crossfire Select Cup U15 Division (played up), Redmond, WA Champions • 2010 Clash at the Border, Vancouver, WA, Champions • 2010, State Fred Meyer Commissioner's Cup, Champions • 2009, Sky River Tournament, Monroe, WA, Champions (Japan) • 2009, Crossfire Select Cup, Redmond, WA, Champions (Gold) • 2009, State Fred Meyer Commissioner's Cup, Quarter-Finalist • 2008, State Fred Meyer Commissioner's Cup, Semi-Finalist • 2007, Netbuster; Marysville, WA; Champions