

THE RED & BLACK

CAPITAL SC'S NEWSLETTER



ISSUE NO 1 | JANUARY 2019 | VOLUME I

Follow Us on Social Media



Established 1999

WHAT'S NEW THIS SEASON?

As we approach the New Year, there are a couple of pieces of news that Capital Soccer Club would like to share:

First, the club has revamped its management structure this season. We are pleased to have added two long time Capital SC coaches to the management staff:

John Dellipriscoli - Director of Player Development and Community Outreach ("DPDCO")

Don Haddox - Fall Academy Director

John and Don join Capital SC's Director of Soccer and Co-Founder **Peter Kim**, Financial Director and Co-Founder **George Cook**, and Administrative Director **Eric Bagley** as stewards for the club as Capital SC moves into its 20th year!

Second, **The Dragon Method**, Capital SC's new advanced training series for club players, has been rolled out with the *School of the Regista* and *Train to Compete* programs.

THE DRAGON METHOD

THE NEW PLAYER DEVELOPMENT MODEL

Click for the Youtube link to the recent "[Director's Talk](#)" held on December 16, 2018 at First in Fitness

SCHOOL OF THE REGISTA

Ever wonder what makes great players great? Or how to become a leader on your team? Check out the first class of the *School of the Regista* by clicking [here](#)

TRAIN TO COMPETE

There is still time to register for the new Dragon Method program!

Train to Compete is the strength & conditioning program offered by Capital SC. Click [here](#) to register and for more information

Capital SC Street Soccer

This season, Capital SC is helping to facilitate pickup street soccer all over Central Vermont. After a successful autumn under the lights at the Montpelier Rec Field, we've now moved indoors. Click for the [coed](#) and/or [girls](#) schedule in Montpelier.

Interested in pickup street soccer coming to your town? [Email DPDCO John](#) and help us expand the program.



"The game was about concentration and execution. We fought hard throughout regulation and neither team was going to budge in overtime. In the end, the game was decided by a fraction of an inch."

- **Peter Kim, Head Coach – Middlebury College Women's Soccer**, after losing 3-2 in a penalty shoot-out to NESCAC rival Williams College in the 2018 NCAA Division III National Championship match

Capital SC's Director of Soccer and Co-Founder, Peter Kim, led Middlebury College to the **2018 NCAA Division III National Championship game** for the first time ever, an incredible achievement!

Want to learn more? Head to the [Middlebury WSOC website](#)

UPCOMING EVENTS:

12/27

Barcelona Trip Raffle Party at the Matterhorn – click [here](#) for details and to buy tickets

01/20

The next "Director's Talk" at FIF regarding the club's Community Outreach efforts

02/02

[Waterbury Winterfest](#)
"Snow Soccer" U14 matches vs Far Post SC

02/15

[Referee Certification Course](#) at U-32 High School

Highlighted Clip: Emulating the Pros (School of the Registrar)



Want to see more? [Subscribe to our Youtube Channel](#)