

Dynasty GK's in Action

29th Edition
(June/July 2010)

TRACY NOONAN – July 2010 – Chapel Hill, NC – Although camps have been in full swing Tracy is continuing with her preparations and fundraising for her upcoming trip to Tanzania to volunteer for *Coaches Across Continents*. This article recently was posted on the *New England Soccer News* website. The pre-trip countdown is under a month now; the departure date of August 27th will be here soon!

http://www.newenglandsoccernews.com/teams/breakers2.php?article_id=6200

CAROLINE CASEY – May 28, 2010 – Chesapeake, VA – Caroline just finished her sophomore season in goal for Grassfield High School and was awarded **Keeper of the Year for the Southeastern Virginia District** as well as being named **All-District**. Caroline had 11 shutouts, helping her team to a 14-3-1 record and first in their district. Just a few more accolades to add to her growing resume. Well done!



MEGAN HINZ – June 5 & July 6, 2010 – Megan (who is know to many at "Stu") made several great saves like the one shown here, to help her team, SAC United, win the Maryland State Championship. Then at Regional's she lead her team to their first Regional Championship defeating Maine (5-0), Rhode Island (3-0) and Connecticut (1-0) in group play. Then in the semi's the beat the highly touted PDA Slammers (1-0) and in the finals they went through the Hockesson Blasts (4-1). One goal in 5 games is an impressive feat, way to go Stu! Good luck at Nationals!



ANNA SIELOFF – June 10, 2010 – Troy, MI – Congratulations to Anna for being named to the **2010 Parade All-American Team!** Here is a great action shot of Anna from camp this summer.



HEATHER ROLLS – July 2010 – Heather's team recently won the Region 2 Tournament for the 2nd straight year. They defeated....So off to Kansas they go! Good luck at Nationals!



KELSEY QUINN – June 18, 2010 – 2010 will be Kelsey's fourth consecutive summer with Dynasty Goalkeeping. As you can see from her 'sun tattoo' picture below she is die hard member of the Dynasty family. She will be a sophomore at Villanova University this fall and she is certainly using her time this summer to the fullest as she prepares to compete for the starting spot. Like most collegiate players she has been keeping busy running and lifting, but she is also playing for 2 summer league teams, the U20 and W-League Majestics of Northern Virginia.



The following article from *InsideNova.com* by Dave Utnik details her summer preparation.

Majestics goalie Kelsey Quinn guarding the net for Majestics' U20 and W-League squads

Villanova's Kelsey Quinn has played 242 minutes in goal. The DVDs aren't for nostalgia's sake. One day they might be, but certainly not now. When Northern Virginia Majestics goalie Kelsey Quinn breaks out her three-disk collection of soccer highlights from the Dynasty Goalkeeping Camp, she has homework in mind. Reminiscing can wait until her career is over. What Quinn

wants to study is her technical approach to stopping a shot on goal and how much of the net she can cover in a single leap. These are important elements that still need to be addressed this summer as she prepares to compete for a starting position at Villanova University. And the answers are all on video.

"Over the years, you can see a difference," she said. "It's a good feeling."

The Dynasty camp, run by three-time NCAA champion and former U.S. Women's National Team goalkeeper Tracy Noonan, is an annual destination for Quinn, who values the elite instruction she receives over five days of workouts as much as she does the feedback.

"This year I'm going with two UNC goalkeepers and a couple upper level players. It's a really good week for me to be there," she said.

By the time Quinn arrives at the end of the summer, she'll be well prepared. She plays for the Majestics for the same reasons she attends Noonan's camp: The coaching and the competition. And because Quinn wants to be challenged as often as possible, she starts for both the Super Y U20 and W-League squads.

"The reason I came here is because I felt these coaches would push me a little bit more," Quinn explained.

After setting goalkeeping records for goals against average, shutouts, saves and save percentage at Linganore High School in Frederick, Md., Quinn is in a position to become an impact player at the collegiate level so every second she spends on the soccer field has value.

Following the graduation of senior goalie Molly Williams, a starting spot is open and Quinn is doing everything she can to earn it.

"We do have two freshmen coming in so we'll compete, but hopefully, if I keep playing like I have here I should get it," she said. "I'm working for it."

Quinn already has two shutouts this summer—one with Charlene Belanger in the Super Y 20s season opener against NOVA FC and another last Saturday in a W-League victory over the Hampton Roads Piranhas.

"[Playing for both teams] keeps me on my game the entire time," said Quinn, who has played 242 minutes and allowed only two goals in three W-League starts—an 0.74 goals against average.

"The biggest thing for me is the mental game and going for everything even if I don't get it," she said. "I want to work on developing my dives and getting more extension."

Training alongside Princeton goalie Aly Pont and former George Mason keeper Olivia Brown has helped Quinn pursue her goals.

"They don't ever allow me to let down," she said.

Quinn prides herself in playing at the same level. She's always competed that way, whether she's facing international competition at an Olympic Development Program tournament in Brazil or leading Linganore's basketball team to the state final four.



"I pretty much play sports year-round," she said. "I even played baseball when I was younger." Quinn has informed Villanova's basketball coaches that she is interested in walking on as a senior. Until then, soccer is her priority. So she'll spend the next four weeks playing for the Majestics and then get to work on an-other DVD at the Dynasty summer camp.

"It's really intense," Quinn said. "I always make sure I attend that camp. I'm taking it two weeks before I go back to Villanova because after I take that camp I'm always at the top of my game. "We cover almost every part of the game in those five days. I'm very excited to go back and show what I've got."



JORDAN PAPAS – June 2010 – Not only is Jordan a top gk, leading her club team Gulf Coast United to a State Championship in June (defeating rival MS Fire 2-1 in the finals), but she also graduated valedictorian of her high school class this month, first out of 311 students! AWESOME!

ASHLEY BECHTOLD – June 13, 2010 – Oklahoma City, OK – Ashley recently finished her high school career on a high recovering from a broken collar bone just on time to play in the All-State game. The following article from *NewsOK* by Justin Harper details her return to action.

Putnam City North's Ashley Bechtold salvages lost season

In a time when some high school All-State athletes can't be bothered to even show up at All-State competitions, Ashley Bechtold proved she's a throwback to the days when players honored the honor. What's more, Saturday the Putnam City North soccer standout also provided a lesson in competitive spirit and toughness.

Bechtold started in goal for the Class 6A girls in the Oklahoma Soccer Coaches Association All-State game at Sand Springs High School. The match, which ended in a 1-1 tie, was Bechtold's first time back between the pipes since breaking her collarbone just four games into the season.

"There was no way I wasn't going to play," said the recently-graduated Bechtold. "For me to even be named All-State after only getting to play four games was such an accomplishment for me that I knew I had to try to play."

Luckily, her medical release came just in time for the game. Didn't it?

"Actually, no," said Bechtold with a laugh. "I'll be cleared on the 16th. But it's been 10 weeks. I felt like if I tested it and it didn't hurt, I would take the responsibility. The first time I was in goal was Tuesday (at practice) and I played just like I always do. I wasn't hesitant or scared to dive and land on it.

"I felt like I owed it to myself to get out there and at least see if I could do it."

Her performance helped the West girls become the first team in the All-State games not to get beat by the East (which swept the boys and girls 4A and 5A matches).

As for Bechtold's day, returning to action was better than she had even thought it would be. For someone that competitive, missing game time is torture.

"Oh, you have no idea," she said. "Sitting on the sidelines is rough. I want to win every game, so for me to have to sit there and watch was awful."

Her teammates and coach felt the same way.

"She would have made all the difference," said PC North coach Jake Kurey, who was the West 6A girls All-State coach. "She's such a competitor and great player. Plus, the confidence she brings out in other players in front of her."

Bechtold missed 10 games of the Panthers' 10-4 season. Nevertheless, she had already done enough in previous seasons to secure a soccer scholarship to Missouri Southern State. The three-time All-City selection by The Oklahoman and 2007 Defensive Player of the Year is likely to start as a freshman.

"This is a great way to end my senior season," she said. "When I broke my collarbone, at first I didn't realize anything was broken. When I found out what happened, I thought, 'Great, did I really just do this? My senior season is all messed up.' So, it's awesome that that won't be my last memory of high school soccer."

MACKENZIE LARSON – *June 5, 2010* – Bloomfield Village, MI – Mackenzie saved 3 penalty kicks out of 7 to help her Birmingham Marian high school team beat Auburn Hills Auburndale winning the District title on their way to winning their second straight state championship. This was her big time winning pk save!



REGIONAL POOL – June/July 2010 – Several Dynasty Goalkeepers made their respective ODP Regional pools this summer. I'm sure I am leaving some out, but here are the ones I know:

Region 1 – Caroline Casey, Britt Eckerstrom, Tori Gabor, Megan 'Stu' Hinz

Region 2 - Natalie Fettinger, Anna Sieloff, Caroline Stanley

Region 3 – Julie Eckel, Taylor Frances, Jill Maloney

Region 4 – Alex Kershner, Megan Kufeld, Abby Steele, Kenzie Tillitt

Please email me if your name has been left off this list...SORRY! ☺

LAUREN MINKOFF – June/July 2010 – Lauren's team, the Penn Fusion Gael's '92 won the Eastern PA State Cup and made it to the finals of the Region 1 Tournament in West Virginia. They lost 1-0 in the final, and it was the only goal scored against Lauren in the 5 games. Impressive. Here she is making a save at camp just a few weeks ago.



JULIE ECKEL – July 21, 2010 – Chattanooga, TN – Julie recently got a taste of what it is like to play international soccer as a group of Tennessee ODP All-Stars was put together to play the U17 South Korean National team that is preparing for the upcoming 2010 U17 Women's World Cup to be held at the end of August in Trinidad and Tobago. The TN team was put together at the last second due to short notice from the South Korean team and had no practices. Despite that they had a strong showing and only lost 2-1.

An article in the *Chattanooga Times Free Press* reported that "Goalkeeper Julie Eckel from St. Benedict in Cordova, Tenn., who has committed to the University of Tennessee, stopped a barrage of short-range shots in the first half and the game was scoreless at the break."

Julie said, "The game was awesome!", and that she had quite a few breakaway saves.

"I think the breakaway sessions at Dynasty really helped me because I found myself remembering to not go full speed every single time. There were two or three breakaways where I came out and was able to steal ground and get set before the shot instead of just diving at the attacker's feet."

She also said they were by far the best team she had ever played against; extremely technical and that they rarely lost the ball.

What a great experience!

