



Club News and Updates

December 2018



At Blackhills FC, we are always proud of our athletes for all their hard work both on and off the field. Every player has a role in pushing each other to improve. As we end the year, we want to recognize the following **2018 Girls High School Award Winners:**

The Olympian Player of the Year

Landrey McCann, Olympia High School, (G02)

All Area First Team

Hallie Bergford, Midfielder, Tumwater High School (G02)
Brianna Dell, Forward, Tenino High School (G03)
Cassie Mullins, Goalkeeper, Tumwater High School (G02)
Caroline Penner, Midfielder, Capital High School (G02)
Joanna Pingel, Forward, Olympia High School (G00)

All Area Second Team

Callie Barnett, Defense, Olympia High School (G02)
Helene Budd, Defense, North Thurston High School (G02)
Annie Hoffman, Forward, North Thurston High School (G02)
Ashley Joubert, Midfield, Timberline High School (G02)
Lara Kershaw, Tenino High School, (G00)
Cayla Muenchow, Forward, Shelton High School, (G03)
Brooke Streeter, Midfield, Montesano High School, (G03)
Maddie Thompson, Defense, Capital High School (G00)
Lytic Tinnel, Goalkeeper, Olympia High School (G00)
Grace Wilhelm, Defense, Olympia High School (G02)

All Area Second Team

Brooke Streeter, Midfield, Montesano High School, (G03)
Abby Tait, Midfield, North Thurston High School (G02)

4A SPSL All League First Team

Landrey McCann, Defense, Olympia High School (G02)

4A SPSL Honorable Mention

Callie Barnett, Defense, Olympia High School (G02)
Lytic Tinnel, Defense, Olympia High School (G02)
Grace Wilhelm, Defense, Olympia High School (G02)

Links to local stories:

[All-League Team in the South Sound](#)

[High School Girls: The Olympian's 2018 All-Area Team](#)



2A EVCO Offensive Player of the Year

Hallie Bergford, Midfield, Tumwater High School (G02)

2A EVCO Defensive Player of the Year

Cassie Mullens, Tumwater High School (G02)

2A EVCO First Team

Hallie Bergford, Forward, Tumwater High School (G02)
Cassie Mullens, Goalkeeper, Tumwater High School (G02)

2A EVCO Second Team

Cassy Schilter, Defense, W.F. West (G00)

3A SSC First Team

Caroline Penner, Forward, Capital High School (G02)
Joanna Pingel, Forward, Timberline High School (G00)
Abby Tait, Midfield, North Thurston High School (G02)
Haylee Ward, Timberline, Sr. First team (G00)

3A SSC Second Team

Helene Budd, Defense, North Thurston High School (G02)
Annie Hoffman, Forward, North Thurston High School (G02)
Ashley Joubert, Midfield, Timberline High School (G02)
Cayla Muenchow, Forward, Shelton High School (G03)
Maddie Thompson, Defense, Capital High School (G00)

2A EVCO First Team

Emma Green, Midfield, Aberdeen High School (G03)

3A SSC Honorable Mention

Emma Miller, Shelton High School (G03)

3A SSC Honorable Mention

Kendall Budd, North Thurston High School (G02)
Sarah Lambert, Timberline High School (G00)

If we missed anyone please send us a note so that your child can be recognized in the next newsletter.

Seeking Input on Core Values

Throughout the year, Blackhills FC Coaches have been discussing the importance of establishing the Club's Core Values. Coaches have been doing this through ongoing team discussions and developing their own core values.

The club is seeking input from players, parents, and families on what they believe should be the core values based on our club philosophy. When taking the survey, think about what helps build each child's character. Input collected from the survey will help create BFC's Core Values.



The online survey, [BFC Core Values Survey Monkey](#) is available through Sunday, Dec. 31, 2018.

ATTENTION: NOW ACCEPTING COACHING APPLICATIONS

Blackhills FC is currently accepting coaching applications for the 2019-2020 season.

Application Deadlines:

Boys U15 - U19: January 21, 2019

Boys U10 - U14: April 1, 2019

Girls U10 - U14: April 1, 2019

[Application Link](#)



We appreciate the families, players, and coaches that helped with the Thanksgiving Food and Warm Clothing Drive on November 19 and 20. The event was well attended and the generosity of the club was abundant.

This event was lead by two players, Evan Ellison and Chandler Sam (B02 Black). We want to recognize Myles Wildermann (B02 Black) and the following BFC coaches for helping Evan and Chandler.

BFC Coaches: John Klimek, Jon Scott, Myles Wildermann, Jessie Costello, Jason Darrow, Steve Schmidt, Rob Fairbrother, Kenny Turner, Kristin Liukkonen, Kenny Turner, and Omar Vera

Thank you for making a difference in the community. BFC Players - Thank you for playing!

Tips For Being A Great Sports Parent

Top Tips for Soccer Parents



Player Development is non-linear. Trust and enjoy the process.



Model the behavior you would expect from your child.



Listen to your child's thoughts & feelings on soccer.



Encourage Creativity.



Don't use the car ride home to highlight mistakes.



Encourage your child to play multiple sports.



Engage with live games or local soccer games.



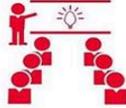
Get involved and encourage informal play at home.



Allow your child to think and make their own decisions.



Ask your child about the game rather than tell them about it.



Gain knowledge of the Development philosophy of the Coach / Soccer Organization.



Develop resilience by allowing your child to embrace challenges alone.

“Your kids require you most of all love them for who they are, not to spend your whole time trying to correct them.”

– Bill Ayers, founder of both the Small Schools Workshop and the Center for Youth and Society

This New Year, Be A Resolution Role Model

Achieving the greatest buy-in from goal-setting kids comes down to two things: Is following through on this goal enjoyable? Do the people I look up to show me it's possible to achieve my goals by following through on their own goals? If those two conditions can't be met, then it might be best to skip setting goals with children until we can accomplish what Katie Hurley, author of *The Happy Kid Handbook*, recommends is a much more important resolution for parents: “Help your children explore their passions. Encourage them to follow their dreams. Dial back the intense worry about college acceptances and high paying jobs, and help them understand the importance of happiness. Happy kids are more successful in the classroom and in whatever sport they play. Happy kids are more likely to follow through with their goals and reach a little bit higher. Happy kids are confident enough to enter the world without worry. That is the greatest gift you can give your child this year.”

If you do decide the time is right to set resolutions with your child, the most powerful way to show the importance of setting goals will always be to follow through on your own. This added accountability is a powerful tool to create change for both you and your child, and to ensure the next generation continues turning over new leaves with great success.

Kids In The Club

Ben Hall

Team: Blackhills

Years in the Club:

4 yrs.

Nick Name:

Mr. Hall/Ben 10

Position:

Every position

Year in School: 7th

Home Town: Olympia

School: Washington Middle School – Go Bulldogs!

Favorite Soccer Team: Argentina

Favorite Soccer Player: Ronaldinho

Favorite Movie: Stand By Me

Who did you pick to win the 2018 Men's

World Cup: Argentina

Last Book You Read: Hatchet

Favorite Musical Group: The Two Cellos

Favorite Ice Cream: Strawberry

Favorite TV Show: YouTube

Favorite Pre-Game Meal: Protein bar and fruit

What you Love about Playing Soccer:

Having fun with my team

Toughest Opponent: Crossfire

Best part of your game: Passing

Part of your game that can be better:

Dribbling

What do you like best about BFC: The good coaches and good environment



Kelsi Jones

Team: G05 Black

Years in Club: 4 yrs.

Nick Name:

Bugs/Bugsy
or Bug-spray

Position: #10

Year in School: 8th
grade

Hometown: Olympia

School: Reeves Middle School

Favorite Soccer Team: Seattle Sounders or USWNT

Favorite Soccer Player: Nicolas Lodeiro

Favorite Movie: Wonder Woman

Who did you pick to win the 2018 Men's

World Cup: Portugal

Last Book You Read: Code Name Verity

Favorite Musical Group: Rend Collective

Favorite Ice Cream: Chocolate Chip Cookie
Dough

Favorite T.V Show: The Office

Favorite Pre-game Meal: Bagel with
peanut butter and cheese

What You Love About Playing Soccer:

Bonding with my teammates and making
each other better.

Toughest Opponent: Crossfire ECNL

Best part of your game: Sending
penetrating passes to beat the other
team's back line and create scoring
opportunities.

What do you like about BFC: I love the
community environment and how well all
of the players get along with each other.



CONGRATULATIONS to BFC's G03 (Black) Associate Coach, **Delaney Rice** for receiving the Cascade Collegiate Conference Honorable Mention and NAIA Academic All American Award at TESC.

Team Selfie Competition

Process:

After each of your fall league games OR team event take a Team Selfie (picture must include the person taking the photo).

First Place: Team Pizza Party

Send team selfies to technicaldirector@blackhillsfc.org

Team selfies will be uploaded to our [Blackhills FC Facebook](#)

Deadline for photos: December 16, 2018

Visit [Blackhills FC Facebook page](#) to view more BFC team photos and updates.

Coach Spotlight

Coach Jon Scott

Current BFC Team Coaching: B09 White

Number of years coaching in the Club: 1 yr.

Favorite Soccer Team: Manchester United

Favorite Soccer Player: Current: Juan Mata

Retired: Rio Ferdinand

Favorite Movie: Pursuit of Happiness

Who I picked to win the Men's 2018 World Cup:

With my heart: Mexico. With my brain: France.

Last book I read: The Road to Character – David Brooks

Favorite Musical Group: Switchfoot

Best concert attended: Us the Duo

Favorite Ice Cream: Lavender Salted Caramel

Favorite T.V. show (ever): The Office

What do you like best about coaching in the Club:

The support I've received from the parents, players, coaching, and administration staff. It feels right to be coaching here.

How can parents best support their child's soccer experience: Show up for you child's team as a fan, not a coach. It's good for players to have someone to be there in their greatest victories and worst defeats. Moments you will share for a lifetime.

What advice do you have for the soccer players in our Club:

Aim to be a role model for future players. There will always be someone looking up to you. Give them an example of not just a hard worker, but the hardest worker. Not just a respectful player, but the most respectful player.



COMMUNITY SERVICE: BFC GIVING BACK

B00 Black Player, Elliott Rains organized a community service event with Crazy Love Ministries, in Shelton, with the help of his teammates: Miles W., Adam R., Adam B., Caden, Carson Daily, Jacob, Travis, parents, and Coach K.



Crazy Love Ministries is a street ministry that provides food, clothing, support and relief services to those in need. We have been hosting once weekly Street Feeds for our neighbors in Shelton, WA since May 2017 and once weekly laundry service since Oct 2017.

Volunteers received an outstanding compliment: "Elliott and the boys did an amazing job helping at the feed. My team was most impressed by their great manners & politeness towards everyone. And your teams are welcome to continue considering serving with us in the future".



Thank you, Wendy Sessoms for providing this service opportunity, and BFC Players, parents and Coach K for making a difference in the community!

Upcoming Community Service Activities

The G03 Black team will be volunteering at Barb's BBQ Holiday Meal event community service project on Dec. 22. They will be serving Christmas dinner and distributing gifts for children and items to families in need.

Blackhills FC G02 team will be volunteering for Homeless Backpacks on Thursday, Dec. 20. Thanks to Wendy McCann for setting this up.

The G05 Black, G04 Red, B00 Black and B02 Black will be working at Thurston County Food Bank on Dec. 19 and 20. This community service opportunity is open to all BFC Members. You can sign up here if you're interested in helping:

<https://www.signupgenius.com/go/20f0f48aca823a5f85-bfcthurston>

Blackhills FC values community service to teach our players, coaches and families compassion, understanding, leadership, responsibility, teamwork and camaraderie to make a positive difference in our greater community. Please contact technicaldirector@blackhillsfc.org if you know of a community service project.

WORK HARD
PLAY HARD



GIVE BACK

Safety Reminders

It is important that we are all vigilant in providing a safe environment for our families.

- Buddy system when using the bathrooms at all team activities: **players need to go in groups of three (3)**
- Report any suspicious behavior to an Executive Board Member or BFC Coach
- **Drop off and Pick up:** Groups of three: one adult and two (2) children or two (2) adults and one child
- Use the BFC Club Misconduct Report Form to report inappropriate behavior
- When children contact their coaches electronically make sure another adult is included



For the safety of our children, families and for communication purposes the Blackhills FC has an **Inclement Weather Policy**.

If you believe it is unsafe for you to travel to practice due to road/weather conditions in your area, please stay home.

If Olympia School District school is cancelled, or after school sports are cancelled, then Blackhills FC practices that are located in stadiums on the field turf and at the soccer complex are cancelled.

If there is snow/ice on the field, even if school may be open, the field is deemed unplayable and practice cancelled. (This is by its nature an hour-by-hour decision and requires last minute checking of the club website and email.) This determination will be made by **2:00 PM**.

BFC will send out a Club Announcement at **2:00 PM** and your BFC Team Manager will be given information to distribute regarding practice cancellations. Due to vacations, internet provider outages, computer glitches and other factors you should also check the club website if you have any questions.

Concussions

On Dec. 7, several BFC coaches met to discuss the internal Club protocol for a concussion and reviewed Kenlyn Wurzel, Athlete Readiness, information. This is a topic we can't speak enough about. While research is ongoing on this important subject, we here at BFC take safety very seriously – it is our first priority to keep your young soccer players safe and supported as they play the sport they love.

Club Concussion Report Form: The intention of the [Club Concussion Report Form](#) is to report any head injury incident. Whenever an athlete is removed from a practice or games due to a head injury. This includes coaches, officials and spectators. It's important to know that a concussion doesn't always occur with a blow to the head. It can occur Using the Survey Monkey Questionnaire helps maintain a historical record.

It is our responsibility to make the call to remove an athlete from the field and recognize concussion systems.

Officials also have a role to play. Officials can remove a player from the field. The coaches are not able to catch all the injuries so we need help from the players and parents to report to the head immediately. Just as with all injuries it is best to error on safety, remove the athlete and have them see a health care professional. **They can return to play with a note from their health care provider.**

WHAT TO WATCH FOR:

1. A forceful bump, blow or jolt to the head or body
2. Any concussion signs or symptoms

[Center for Disease Control and Prevention](#)

[The Unspoken Problem in Sports: Changing the Game Project](#)

Return to play requirements: A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a **licensed health care provider** trained in the evaluation and management of concussion and **receives written clearance to return to play from that health care provider.** Scan all written return to play records and send them electronically to technicaldirector@blackhillsfc.org

Signs Observed By Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported By Athletes

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

Abroad Playing Opportunity

VALENCIA CF Soccer Tour Spring Break 2020 for High School Players

DATES: TBC

NUMBER OF NIGHTS: 7

NUMBER OF PAX: 20

BREAKDOWN OF PAX: Minimum 18 Players + 2 Staff

SUPERVISORY FREE PLACES: 2

LOCATION: Valencia (7 Nights)

ACCOMODATION: 4* Hotel Husa Mas Camarena

DISTANCE FROM TRAINING GROUND: 200 Meters

BASIS: Full Board

ROOM DISTRIBUTION: Twin And Triple Rooms

(Single Room Supplement +30€ Per Day)

TRANSPORTATION: 55 SEAT BUS W/ Air Con And Seat Belts

PRICE per/Player: 1150€ per/Extra Staff : 500€ = \$1431.61 U.S./\$625.23 U.S.



PRICE FOR EACH PLAYER INCLUDES:

- Ground transportation provided for scheduled activities.
- 7 nights in Valencia 3*- 4* Hotel Accommodation (based on 2-3 sharing).
- Full board basis (breakfast lunch and dinner included).
- 5 x1.5hr coaching sessions Valencia CF coaches on all aspects of play (max ratio of 1 coach per 17 players).
- Use of the facilities at Valencia CF Sports City for all sessions.
- 2 pre-arranged match per team against similar standard local opposition (additional matches may be subject to a small supplement).
- Behind the scenes Mestalla Stadium tour & visit to official club shop.
- Use of hotel swimming pool.
- Valencia City tour.
- Afternoon at Malvarosa beach.
- Visit Oceanographic – Biggest Aquarium in Europe.
- Visit historic Sagunto Castle.
- Photographs (individual and groups).
- Certificates.
- Watch Valencia CF first team and youth team training sessions (subject to match and training schedules).
- Services of a resident JTL tour coordinator throughout stay

Contact James Charette at technicaldirector@blackhillsfc.org by January 2, 2019. If there is enough interest we will hold a Parent Meeting.

Playing Opportunities

If you know of any players that want to play in the Club. We have the following playing opportunities. Contact James Charette at technicaldirector@blackhillsfc.org

Boys 09, 06, 04

Girls 09, 08, 05, 04, 03, 00

Supplemental Training

UNDER THE LIGHTS

This is **FREE** for BFC Players. This [program](#) is open to all players outside the BFC (\$45 player fee for non-BFC Players).

Dates: January 25, February 1, 8 and 15

Location: TBD

Field Players Ages: 6-9, 5:30 – 6:30 PM: focus on 1v1, 2v2 and 4v4 games to develop technique and decision-making through game play.

Field Players Ages: 10-16: 6:45 – 8:00 PM: focus on 1v1, 2v2, 4v4 and scoring activities to develop technique and decision through game play.

Goalkeeping Ages: 9 – 11, 5:30 – 6:30 PM: focus on handling, footwork, low-mid range balls, shot stopping, diving, distribution and decision making through game play

Goalkeeping Ages: 12 – 16, 6:45 – 8:00 PM: focus on handling, footwork, low-mid-high range balls, shot stopping, diving, distribution and decision making through game play

BFC Player Enrollment: Registration Deadline January 5. Send an email with your child's, name, emergency contact phone number, BFC Team and age group to technicaldirector@blackhillsfc.org

FINISHING AND GOALKEEPING

This is **FREE** for BFC Players. This program is open to all players outside the BFC (\$45 player fee for non-BFC Players).

Dates: March 8, 15, 22, 29

Location: TBD

Field Players Ages: 6-9, 5:30 – 6:30 PM: focus on Goal Scoring activities to develop technique and decision-making

Field Players Ages: 10-16: 6:45 – 8:00 PM: focus on Goal Scoring activities to develop technique and decision-making

Goalkeeping Ages: 9 – 11, 5:30 – 6:30 PM: focus on handling, footwork, low-mid range balls, shot stopping, diving, distribution and decision making through game play

Goalkeeping Ages: 12 – 16, 6:45 – 8:00 PM: focus on handling, footwork, low-mid-high range balls, shot stopping, diving, distribution and decision making through game play

BFC Player Enrollment: Registration Deadline February 15th. Send an email with your child's, name, emergency contact phone number, BFC Team and age group to technicaldirector@blackhillsfc.org



As we celebrate the holiday season and the coming new year with our families and friends, we want to thank each of you for all of your great work and commitment.

We have made some significant progress during the 2018 season and will continue on this course in 2019. As we continue to build on the value we bring to players and our community, your child remains at the heart of everything we do at our club.

On behalf of the entire Blackhills FC board, staff and coaches, we want to thank you for everything you do, and for letting us help your child grow as a player.

We hope you enjoy some well-deserved time with your loved ones. We wish you a very safe and happy holiday season, and we look forward to seeing you in 2019!

Want to have information about your team in the newsletter? Just send the Opsmanager@blackhillfc.org an email.

For further information regarding our organization and our programs, visit the club's [Facebook](#) page or the website at www.blackhillsfc.org.