



# Club News and Updates

January 2019

Congratulations to all our Blackhills FC (BFC) players that competed in tournaments this month. We are very proud of everyone!

Several of our BFC players that played for the Washington Elite Development Program (EDP) competed in the U.S. Youth Soccer Olympic Development Program (ODP) West Championships in Phoenix, Arizona, January 4 - 7.



## BFC Boys Players:

J. Armour (02)

G. Crawford (04)

J. Sutch (05) PDP

R. Brown (06)

M. Wilhelm (06)

## BFC Girls Players:

H. Bergford (02)

A. Hoffman (02)

C. Penner (03)



*"It was a lot of fun. The level of play was a lot higher than anything I've experienced before. I was able to fight for my team and do the job I needed to do. I gained a greater understanding of a higher level of play and what I need to do to reach that level. It was one of the best experiences of my life." Jack Armour pictured top right at ODP (2019)*

The B07 Black (pictured right) took first place in this year's 11<sup>th</sup> Annual Pacific Northwest (PAC NW) Winter Classic at Starfire Sports Complex, January 11-13.



# Bullying

Blackhills FC has a no bullying tolerance. We would like to remind those that feel that they're being bullied to please report it immediately.

According to Play by the Rules Australia, the effects of bullying impacts children in 10 major ways. The Effects of Bullying on Children infographic depicts 10 ways bullying can impact children's lives.

Bullying is something that can happen in any sport, at any time and to anyone. It always has a negative impact and is not something that should be part of sport. Use the infographic to send an important message to your members and colleagues.



For more information on bullying, visit, <https://www.stopbullying.gov/>. If you have any questions or concerns, contact the your teams **Head Coach** immediately.

## Core Values Update

At the two December BFC Coaches meetings the coaches further discussed Core Values and Caleb Gallanger shared a presentation based on the book, Legacy, by James Kerr. Legacy goes deep into the heart of the world's most successful sporting team, the All Blacks of New Zealand.

We are continuing to solidifying Club Core Values. Your ideas on shaping the Club is greatly appreciated. Your family can contribute to what you believe are core values based on our Club Philosophy and what you think is important for building each child's character.

Please participate in the updated [BFC Core Values Survey Monkey](#). Deadline February 17, 2019. We will take the **input from this [Survey Monkey](#)** as we create our Club Core Values.

## Kids in the Club

### Graysen Guy



**Team:**

B07 Black

**Years in the Club:** 3

**Nick Name:**

Blonde Bomber

**Position:** 6/8

**Year in School:** 5

**Home Town:** Olympia

**School:** Griffin

**Favorite Soccer Team:** Juventus

**Favorite Soccer Player:** Paulo Dybala

**Favorite Movie:** Thor Ragnarock

**Last Book You Read:** Voyagers

**Favorite Musical Group:** Imagine  
Dragons

**Favorite Ice Cream:** Egg Nog

**Favorite TV Show:** Young Sheldon

**Favorite Pre-Game Meal:** Whatever I  
can get my hands on

**What you Love about Playing Soccer:**  
Coming out and bonding as a team

**Toughest Opponent:** Myself

**Best part of your game:** Fluent Passing

**Part of your game that can be better:**  
Relaxing during the game

**What do you like best about BFC:**

Sharing the same passion of soccer with  
others.

### Payton Aselton



**Team:**

BlackhillsFC U17

**Years in Club:**5

**Nick Name:** None

**Position:**

Center Mid 6

**Year in School:**

11th Junior

**Hometown:** Adna

**School:** Adna High School

**Favorite Soccer Team:** Seattle Riegn

**Favorite Soccer Player:** Megan Rapinoe

**Favorite Movie:** Peter Pain

**Last Book You Read:** How to Kill a  
Mockingbird

**Favorite Musical Group:** Artist Khalid

**Favorite Ice Cream:** Chocolate chip mint

**Favorite T.V Show:** Teen Wolf

**Favorite Pre-game Meal:** Bacon and Eggs

**What You Love About Playing Soccer:**  
The competitiveness and the joy it brings  
me to play.

**Toughest Opponent:** Me-when I bring  
myself down

**Best part of your game:** My headers and  
seeing the field

**Part of your game that can be**

**better:** 1v1 attacking towards goal

**What do you like about BFC:** How  
competitive it is and how it helps me get  
better. Also how many friends I've made  
from the club

We are looking for BFC Soccer Players that are interested in journalism to help with the Club Newsletter **OR** if you have an idea for the Club Newsletter.

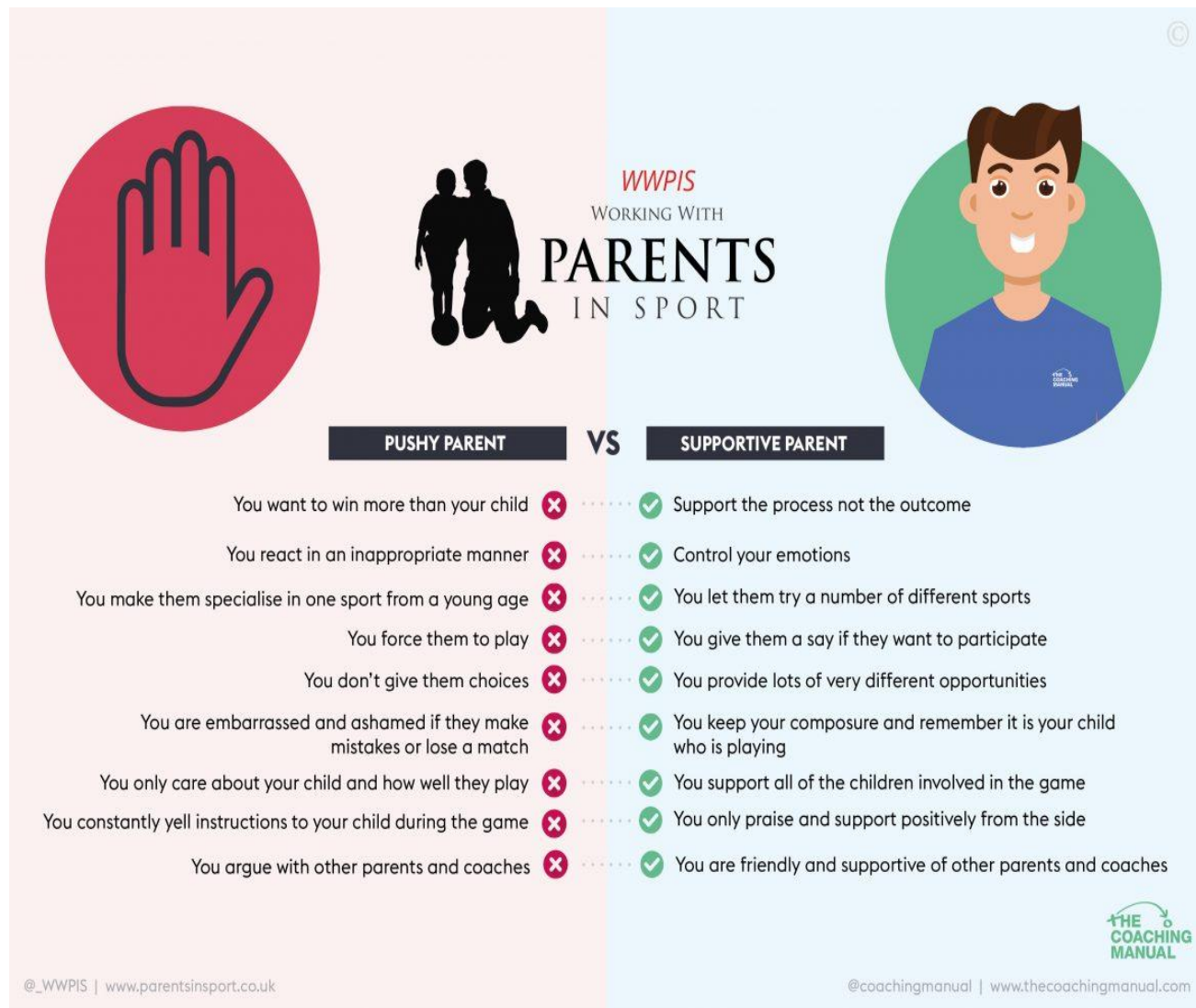
Contact: [opsmanager@bfc.org](mailto:opsmanager@bfc.org)

# Tips for Being a Great Sports Parent

There's no doubt being a sports parent can be rough sometimes. However, many of you need to give yourself some credit as you're already great sport parents. Why? Because you've invested time and money in your child's/children's sport; you wash a their kits every week, you facilitate a schedule that allows your child/children to play this wonderful sport, and most importantly, you're involved. For all of this, you deserve a lot of credit, something you don't always get.

Despite all of the things you do, there are still elements of behavior parents can improve to make their child's sporting experience better this year. According to the [thecoachingmanual.com](http://thecoachingmanual.com), there is no such things as a "perfect" sports parent. What? Because even when parents are armed with a variety of parenting resources and information, the element of normal human emotions makes everyone to (sometimes) behave in a way that may not be as beneficial as everyone would like it to be

Let's look at some of the behaviors that make up great sports parenting and some behaviors we can minimize in this year.



The infographic is split into two vertical panels. The left panel has a pink background and features a large red hand icon with fingers spread. The right panel has a light blue background and features a cartoon illustration of a smiling man with brown hair wearing a blue t-shirt. In the center, there is a logo for 'WWPIS WORKING WITH PARENTS IN SPORT' with silhouettes of a parent and a child. Below the logo, two dark grey boxes labeled 'PUSHY PARENT' and 'SUPPORTIVE PARENT' are separated by a 'VS' symbol. A list of ten behaviors is presented in two columns, with red 'X' icons for pushy behaviors and green checkmarks for supportive behaviors. At the bottom, there are social media handles and website URLs for WWPIS and The Coaching Manual.

**WWPIS**  
WORKING WITH  
**PARENTS**  
IN SPORT

**PUSHY PARENT** VS **SUPPORTIVE PARENT**

You want to win more than your child	✗	✓	Support the process not the outcome
You react in an inappropriate manner	✗	✓	Control your emotions
You make them specialise in one sport from a young age	✗	✓	You let them try a number of different sports
You force them to play	✗	✓	You give them a say if they want to participate
You don't give them choices	✗	✓	You provide lots of very different opportunities
You are embarrassed and ashamed if they make mistakes or lose a match	✗	✓	You keep your composure and remember it is your child who is playing
You only care about your child and how well they play	✗	✓	You support all of the children involved in the game
You constantly yell instructions to your child during the game	✗	✓	You only praise and support positively from the side
You argue with other parents and coaches	✗	✓	You are friendly and supportive of other parents and coaches

@\_WWPIS | [www.parentsinsport.co.uk](http://www.parentsinsport.co.uk)

[www.thecoachingmanual.com](http://www.thecoachingmanual.com) | @coachingmanual

THE COACHING MANUAL

## Coach Spotlight

# Coach Roland Watson

**Current BFC Team Coaching:**

Boys 2009 Black

**Number of years coaching in the Club: 2**

**Favorite Soccer Team:**

Chelsea and Sounders

**Favorite Soccer Player:**

Eden Hazard and Osvaldo Alonso

**Favorite Movie:** Life of a Legend

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

Belgian

**Last book I read:** Legacy

**Favorite Musical Group:** Blackalicious

**Best concert attended:** Beasty Boys

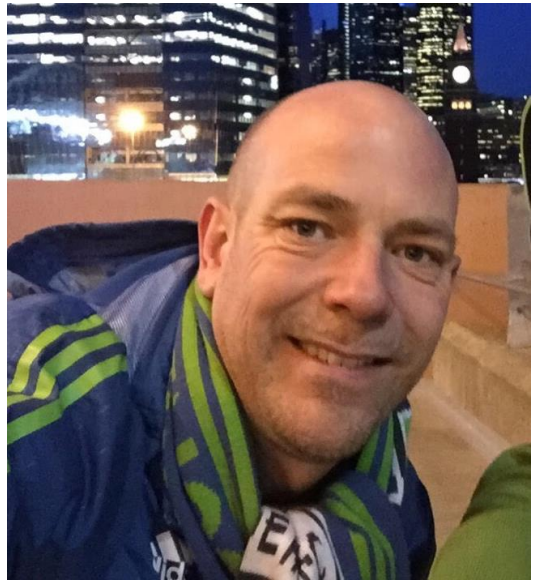
**Favorite Ice Cream:** Rocky Road

**Favorite T.V. show (ever):** Impractical Jokers

**What do you like best about coaching in the Club:** I like the philosophy of building good people as well as good soccer players.

**How can parents best support their child's soccer experience:** Focus on the positive moments and remember there is a lot more to a soccer team than the goal scorer.

**What advice do you have for the soccer players in our Club:** Treat every practice like it is a tryout.



## WSS Olympia Artesians Night

Wembley Soccer Shop is hosting its annual "Wembley Night" with the Oly Town Artesians indoor soccer team!

**Game Details:** Saturday 1/26 at The Evergreen State College Pavilion, 6:30 PM  
All area youth players wearing their soccer jerseys will pay only a \$2 admission fee!

There will be a chance to win raffle prizes for all who attend and chances to enter the half-time half-court shot to win some BIG prizes from Wembley Soccer Shop!

Details visit the Oly Town Artesians website: <http://www.olytownfc.com>

## Community Service: Blackhills FC Giving Back

Recognizing that they are leaders in the community, Blackhills FC (BFC) have focused on making an impact. Community service has become an integral part of BFC players, with many of our student-athletes committing to give back to both the Club and surrounding community. On any day of the week student-athletes are giving back to the community; below is a list of some recent projects.

G04 Red, G05 Black, B01 Black volunteered at the Thurston County Food Bank in December.

Those that attended:

Charlie and Katie Turcotte, Emma Rose, Lily and Tom Condon, Francis Sharp, Wally Kee, JC, Nancy Cutlip, and Vincent Gourley.



G02 Black assembled backpacks for the homeless.

Pictured to the right are:

Payton Aselton, Hallie Bergford, Annie Hoffman, Caroline Penner, Claire Hood, Callie Barnett, Helene Budd, Landrey McCann, Cirena Adams, and Lyric Tinnel.

B07 Black, parents and families volunteered at the Thurston County Food Bank.

Helen Wolter organized this community service project. B07 players and many of their families attended.



Blackhills FC values community service . Please contact [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org) if you know of a community service project.

## Coaching Application

We are 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 – U19: April 1, 2019

Application

<https://www.surveymonkey.com/r/5STQ3FM>

## Boys 01, 02, 03, 04 Tryouts

Registration will be open for Tryouts on Tuesday January 22

2001 February 12 and 13, 7:00 – 8:30 PM

2002 February 12 and 13, 7:00 – 8:30 PM

2003 February 12 and 13, 5:30 – 7:00 PM

2004 February 12 and 13, 5:30 – 7:00 PM

Location: Olympia High School

Questions: [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org)

## Fall Team Selfie Voting

Vote for your favorite BFC Fall Team Selfie.

View Photos on the BFC Facebook and vote using the below link.

### Team Selfie Voting Link

<https://www.surveymonkey.com/r/9GPB5DB>

Want to have information about your team in the newsletter? Just send the [opsmanager@bfc.org](mailto:opsmanager@bfc.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](http://www.blackhillsfc.org).

# Abroad Playing Opportunity

**VALENCIA CF Soccer Tour Spring Break 2020 for High School Players Informational Meeting January 29, 7:10 - 7:30 p.m. at Olympia High School Ingersoll Stadium.**

If you have not already done so please send an email to [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org) to be added to the email distribution list.

**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).



## Playing Opportunities

If you know of any players that want to play in the Club. We have the following playing opportunities. Contact [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org)

Boys 09, 06, 04

Girls 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:** Tumwater High School

**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:** Send an email with your child's, name, emergency contact phone number, BFC Team and age group to [technicaldirector@blackhillsfc.org](mailto: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 is February 15.** Send an email with your child's, name, emergency contact phone number, BFC Team and age group to [technicaldirector@blackhillsfc.org](mailto:technicaldirector@blackhillsfc.org)

## Safety Reminders

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

- If you will be late picking up your child from practice please have your child notify their Head Coach so that they are aware.
- 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

As always, the safety and health of our children, families, volunteers, and staff are our top priority - be safe! Here's a friendly reminder that 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

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](mailto: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"