



CLUB NEWS AND UPDATES

November 2018



G07 Black October Team Selfie

We want to take this opportunity to say Thank You for giving BFC the opportunity to work with your child and supporting their soccer experience and for all those involved in making the Club operate, evolve, develop and strive for a “one-team” model.

Parents, thank you for all that you do to support your child's soccer experience! The time you spend with your child driving to practice, traveling to matches, going to tournaments and watching them play is priceless.

Coaches, thank you for your commitment to each child and team. Your time away from family is greatly appreciated.

Executive Board and Administrators, thank you for doing work behind the scenes to support the players on and off the field and communicating with the parents.

Team Managers, thank you for your time and commitment to communicate and ensure our families and coaches are at the correct field!

Soccer Complex Board, thank you for constantly improving the Soccer Complex so that we have a safe and centralized training location.

Soccer Auction, thank you to all who contributed to team donations, coaches' tickets, attending the auction, volunteers: helping set up and take down, media and procurement volunteers, dessert donors, team reps. We want to recognize **Tara McTyer** for coordinating this event! We raised almost \$45,000 at the Soccer Ball.

8 TIPS FOR BEING A GREAT SPORTS PARENT

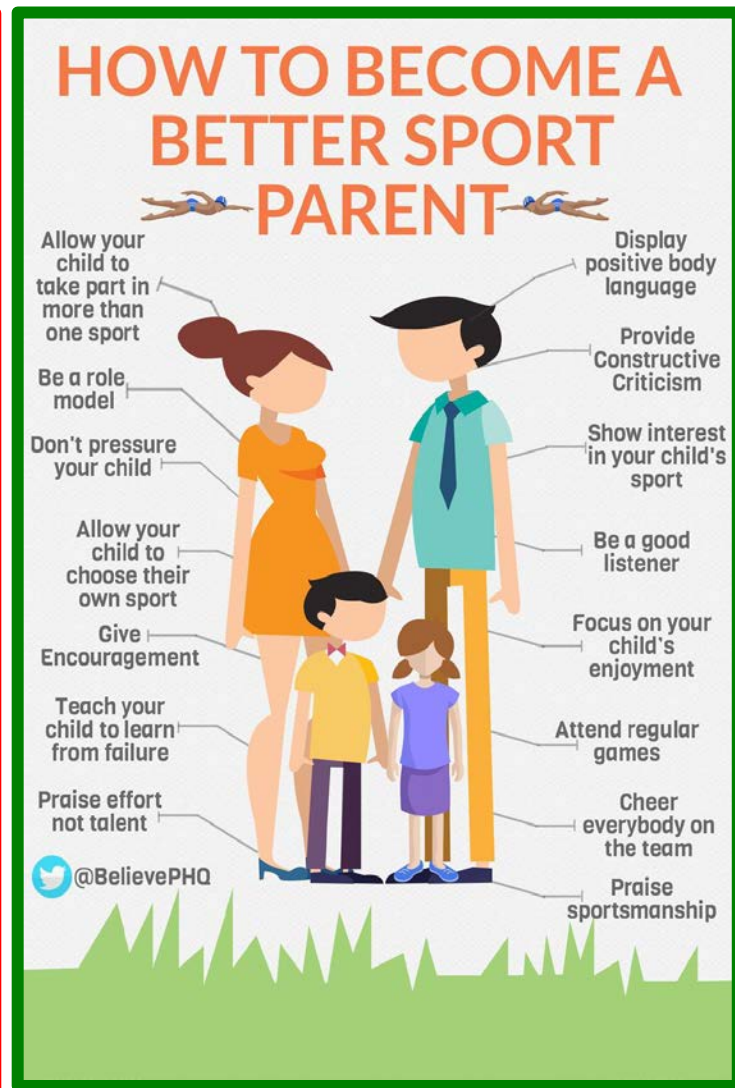
Parents play an important role as you are the “team behind the team”!

[8 Tips for Being a Great Sports Parent](#) [Changing the Game Project](#)

By James Leath

Below are 8 ways that parents can help your child increase their chance of finding success and fulfillment in their sport.

1. Model positive behaviors
2. See the future and not the present
3. Encourage risk taking and find joy in the effort
4. Celebrate the competitor above the winner
5. Foster independence by allowing your athlete to take ownership
6. Treat the coach as an ally, not an adversary
7. Encourage academics
8. Just love watching your kids play



I LOVE WATCHING YOU PLAY

Avoid coaching from the sideline while watching a child's game.

It is difficult for a child because what the parent says often conflicts with the instruction from the coach.

Do not criticize the officials. Imagine if we played our games without officials.

Focus on the benefits of the game rather than the score.

Regardless of the score the game has so many benefits: developing team work, understanding that winning and losing are part of the long term developmental process, making friends. Learning is a process and praise effort!

Respect the opposing parents, fans, all coaches and children.

The coaches are responsible for the conduct of their sideline.

We are role models for our children.

Support play and fair play for both teams! Make positive comments for all players.

[Ted Talk: Must watch video for parents and coaches](#)



[Positive Coaching Alliance: sideline behavior](#)

KIDS IN THE CLUB

Name: Alex Gradev

Team: B05 Black

Years in the Club:

8 (started with BFC Super Mod)

Nick Name: Berbatov

Position: #6

Year in School: 8th Grade

Home Town: Olympia

School: Griffen

Favorite Soccer Team: Real Madrid

Favorite Soccer Player: Luka Modric

Favorite Movie: Star Wars

Who did you pick to win the 2018 Men's

World Cup: Croatia

Last Book You Read: The Outsiders

Favorite Musical Group: Queen

Favorite Ice Cream: Chocolate

Favorite TV Show: Friends

Favorite Pre-Game Meal: My dad or moms scones

What you Love about Playing Soccer: I like its aspects and creativity involved

Toughest Opponent: Crossfire Premier

Best part of your game: Long balls into space for runners, defensive

Part of your game that can be better:

Shooting, heading and left foot

What do you like best about BFC: I like how I can meet new people every year and also staying with friends I've played with for a while. I enjoy friendships I've developed with coaches from years of playing in the Club. I always look forward to practices every week for they are always fun, different and creative.



Name: Ashley Joubert

Team: G02 Black

Years in the Club: 3

Nick Name: Ash

Position: #5

Year in School: Junior

Home Town: Olympia

School: Timberline High School

Favorite Soccer Team: United States

Women's National Team

Favorite Soccer Player: Julie Ertz

Favorite Movie: The Blind Side

Who did you pick to win the 2018 Mens

World Cup: Germany

Last Book You Read: What You Left Behind

Favorite Musical Group: Florida Georgia Line

Favorite Ice Cream: Mint Chocolate Chip

Favorite TV Show: Friends

Favorite Pre-Game Meal: Peanut butter toast

What you Love about Playing Soccer: I love soccer because I get to be surrounded by a great group of girls who all love the sport.

Toughest Opponent: PAC NW

Best part of your game: Being physical

Part of your game that can be better:

Communicating to my teammates

What do you like best about BFC: The best part is the coaching staff. Especially my coaches, they have really pushed me to do my best and I can't thank them enough.



BFC Fun Fact 1: Where did the original BFC Logo originate?

A. Ajax FC, **B.** AC Milan, **C.** Barcelona FC, **D.** Sounders FC



BFC CORE VALUES



BFC is working on 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. BFC Coaches have been discussing Core Values throughout the year by developing their own core values and through team discussions.

Please participate in the [BFC Core Values Survey Monkey](#). Deadline November 25th, 2018. We will take the **input from this [Survey Monkey](#)** as we create our Club Core Values.

PLAYING OPPORTUNITIES

If you know of any players that want to play in the Club. We have the following playing opportunities. Contact [James Charette](#)

Boys 09, 06, 04

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

ABROAD PLAYING OPPORTUNITY

Valencia FC Soccer Tour – Train with Valencia Coaches and play community matches 7 days

Who: High School Boys and Girls Soccer Players

When: Spring Break 2020

Where: Valencia, Spain

Please send [James Charette](#) an email for Trip Itinerary and Information Meeting December 4th, 6:45 PM TBD

If we missed someone or you want to provide content for the website, Facebook or our newsletter please send a note to technicaldirector@blackhillsfc.org

TEAM NEWS

We are proud of all our players and teams. We want to Congratulate the Girls 8th Grade Team for finishing 1st place in their Fall League.

Thank you Team Manager Kelly Finney, Coaches John Klimek and Rob Knowles for coaching the Team. Stephanie Norton for taking photos and parents for cheering on the Team.

The 8th Grade Team is comprised of 04 and 05 players. Since some of the 04 or 05's are in 9th Grade due to the birth year change.



KIDS IN THE CLUB

Congratulations to **Max Barnes**, for running in the State Cross Country Finals

Congratulations to **Jack Armstrong**, for being selected to the B02 EPD Pool

[Olympian Letter to the Editor](#)

Congratulations to **Carson Daily Collard**, Capital High School All League Best Tight End and First Team all Conference Tight End

Congratulations to **Caroline Penner** for signing a Letter of Intent for [Seattle University](#).

BFC FORMER PLAYERS PLAYING COLLEGIATE SOCCER



Pacific Lutheran University women's soccer student-athlete **Leah Magee** tallied two game-winning goals over the weekend and on Monday was named the Northwest Conference Offensive Player of the Week.

The junior from Olympia, Washington captures the honor after scoring the winning goals in a pair of 2-0 victories in Eastern Washington to keep the Lutes in the hunt for a third consecutive NWC title



PAIGE MURRAY
[Willamette University](#)



SCOTT PENNER
[Whitworth University](#)



BELLA BROWN
[Central WA University](#)



SYDNEY LANGE
[Idaho State University](#)



KAYSE SMACK
[Tacoma Community College](#)

RISK MANAGEMENT REMINDERS

We will soon be moving our practices to field turf. 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: **We are now asking the players 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

INCLEMENT WEATHER



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.

COMMUNITY SERVICE:

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.

- Community service can strengthen a community
- Community service can help you learn more about your community
- Community service can help you develop a value of self worth by helping others
- Community service is good for you – helping others makes you feel good

Please contact [James Charette](#) if you know of a community service project that BFC players and families can provide support.

COMMUNITY SERVICE: “Socktober”

Thank you to all the Blackhills FC Families for your “Socktober” donations! Thank you to the B13 for organizing this collection drive.

UPCOMING COMMUNITY SERVICE OPPORTUNITIES LED BY BFC PLAYERS

B00 Black [Elliot Rains](#) is leading a volunteer opportunity with Crazy Love Ministries at the Shelton Street Feed on Friday **November 16th**, 5:30 – 7:30 PM. Contact Elliot for more details and to help.

B02 Black Soccer Players [Evan Ellison and Chandler Sam](#) are leading a canned food and warm clothing donation and community game nights on **Monday and Tuesday November 19 and 20, Capital HS**. These events are open to all soccer players. **Monday and Tuesday 5:30 – 7:00 PM U10 – U14 and 7:00 – 8:30 PM U15 – U19**. Contact Evan and Chandler to help.

G05 Coach [Scott Kee](#): Rec Cup Field Marshall Volunteers Needed **November 10-11** at the Soccer Complex or RAC.



VOLUNTEER

Over the course of the 2018-19 season all BFC families are required to donate five (5) volunteer hours per player. Volunteer hours may be fulfilled by assisting programs that directly support BFC (auction, parade, etc) and programs where BFC teams work together to support our community (clothing drives, soup kitchen, etc). Families who choose to opt out may pay \$20 per hour at the end of the year. Have questions? Contact volunteer@blackhillsfc.org

Do you have questions about volunteering? Have you reported your family volunteer hours? Please contact volunteer@blackhillsfc.org

KIDS IN THE CLUB

Name: Joseph Raso

Team: B08 Red

Years in the Club: 2

Nick Name:

Brother Joseph

Position: Wing

Year in School: 5th Grade

Home Town: Olympia

School: Centennial

Favorite Soccer Team: Juventus

Favorite Soccer Player: Ronaldo

Favorite Movie: Harry Potter: Deathly Hallows Part 2

Who did you pick to win the 2018 Men's World Cup: Portugal

Last Book You Read: Wings of Fire: Lost Continent

Favorite Musical Group: Maroon Five

Favorite Ice Cream: Vanilla

Favorite TV Show: The Simpsons

Favorite Pre-Game Meal: Fettuccini Alfredo

What you Love about Playing Soccer:

Being with friends and scoring goals

Toughest Opponent: Washington Premier

Best part of your game: Crossing

Part of your game that can be better:

More aggressive tackles

What do you like best about

BFC: Coaches



Name: Adelyn Pitman

Team: G08 Black

Years in the Club: 1

Nick Name: Addy

Position:

Where ever coach needs me

Year in School: 4th Grade

Home Town: Olympia

School: Hansen

Favorite Soccer Team: US Women's Team

Favorite Soccer Player: Alex Morgan

Favorite Movie: Harry Potter Series

Who did you pick to win the 2018 Men's World Cup: Brazil

Last Book You Read: Harry Potter and The Order of the Phoenix

Favorite Musical Group: Imagine Dragons

Favorite Ice Cream: Cookies 'n Cream

Favorite TV Show: World of Dance

Favorite Pre-Game Meal: Cheese and crackers

What you Love about Playing

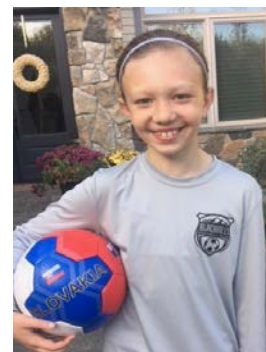
Soccer: Scoring

Toughest Opponent: My brother

Best part of your game: Shooting

Part of your game that can be better: Using my left foot

What do you like best about BFC: I most enjoy playing soccer with my friends



BFC Fun Fact 2: Where did BFC teams train in late fall and winter prior to 2010?

A. Ingersoll, B. NTHS, C. River Ridge, D. Capital High School

BFC Fun Fact 3: Which BFC current Head Coach broke his leg two times (consecutive years) as a former player?

FALL LEAGUE or TEAM EVENT 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: technicaldirector@blackhillsfc.org

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

Deadline for photos: December 14th, 2018

Login into the [Blackhills FC Facebook page](#) to view more BFC Team photos and updates



COACH SPOTLIGHT

Name: Jeremy Stuard

Current BFC Team Coaching:

Associate Coach Boys 03 Red

Number of years coaching in the Club: 3

Favorite Soccer Team: Sounders FC

Favorite Soccer Player: Osvaldo Alonso

Favorite Movie: The Last of the Mohicans

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

Belgium

Last book I read: Legacy (Non-fiction)

Knife of Dreams (Fiction)

Favorite Musical Group: Foo Fighters

Best concert attended: NF

Favorite Ice Cream: PB Cup

Favorite T.V. show: Justified

What do you like best about coaching in the Club: The things that I enjoy most about coaching in the Club are: the Clubs dedication to constant learning, the ability to work with different coaches and players, the way the Club works to develop soccer players that will have an impact on the pitch and beyond, and the ability to watch players develop and improve.

How can parents best support their child's soccer experience: Parents can best support their children's soccer experience by allowing their child to express their soccer goals so that they are able to better support those goals. Also, if parents take the time to discuss the areas of soccer that the the child finds the most enjoyment from the can encourage them in those specific areas as well.

What advice do you have for the soccer players in our Club: My advice for soccer players in the club is to try to be the best player, teammate, and person each day. By always trying their best, they are not only improving themselves, but are helping their teammates reach their full potential as well.



BFC SUPPLEMENTAL TRAINING

SKILLS TRAINING CENTER FREE for BFC Players

Wednesdays: Ages U10 – U11 Ball Striking and Goal scoring

Time: 7:05 – 7:30 PM

Location: TBD

Wednesdays (November 28, December 5, 12): Ages U12 – U14 Ball Striking, 1v1, 2v2 attacking/defending and positional games.

Time and Location: 5:30 – 7:00 PM TBD

UNDER THE LIGHTS

This program 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 5th. 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 program 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

BFC Fun Fact 4: What school did BFC hold most all of its Club Practices from 1998 – 2002?

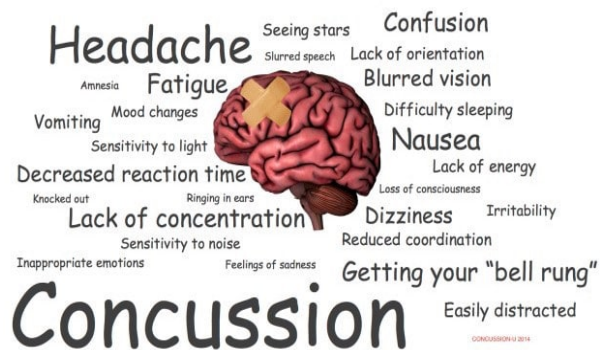
CONCUSSIONS

The week of September 17th we had our fall league BFC Coaches speak with our athletes about safety and specifically head injuries and concussions.

As a coach I have a few former and current players dealing with the devastating effects of one or more concussions. It is not a topic we speak to often enough.

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

- A forceful bump, blow or jolt to the head or body
- Any concussion signs or symptoms

[Center for Disease Control and Prevention](#)

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

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"

BFC FUN FACTS

BFC Fun Fact 1: Liverpool FC (I know this was not a choice). Coach Gress and Charette traced the logo from an old LFC pennant at the Wembley Soccer Shop front counter, 1997.

BFC Fun Fact 2: I know I asked a second trick question! We practiced in elementary play sheds from 5:30 – 8:30 PM. Lincoln Elementary was the best (until the concrete was wet)!

BFC Fun Fact 3: Roland Watson. He was wearing shin guards. Kenny Turner broke Roland's leg during youth soccer tryouts, 95'.

BFC Fun Fact 4: We held a majority of our Team practices on the lower Bush Middle School Field (the storm water collection area). One year we held all of our tryouts on that field.

