



# CLUB NEWS AND UPDATES

## October 2018



The annual Soccer Ball Dinner and Auction is **Saturday, October 20<sup>th</sup> at St. Martins Worthington Center**. Dinner is at 7 pm but there is a lot of great silent auction items to bid on before the live auction. This is a great way to spend time with your team's parents and enjoy a special dinner with open bar while supporting our club.

*When: Saturday, October 20th*

*Where: St. Martins Worthington Center*

*Time: check in opens at 5:30, dinner is served at 7 pm*

*Cost: \$75 per person*

*Why: raise funds to support scholarships and special projects*

Tickets are on sale now! [Click here](#)

Questions? Email [auction@blackhillsfc.org](mailto:auction@blackhillsfc.org)

Want to volunteer at the event? [Click here](#)

*A few items that will be auctioned off: Nicolas Lodeiro signed jersey, Roman Torres signed jersey, USWNT Lindsay Horan signed jersey, Seattle Seahawks package, Great Wolf Lodge package*

## KIDS IN THE CLUB

**Name:** Brynna Elliott

**Team:** G04 Black

**Years in the Club:** 2

**Nick Name:**

Baby sister Brynna

**Position:** #4, #5

**Year in School:**

8th grade

**Home Town:** Olympia

**School:** Tumwater Middle school

**Favorite Soccer Team:** Black Hills Wolves

**Favorite Soccer Player:** Anna Zeldenrust

**Favorite Movie:** Thor Ragnarok

**Who did you pick to win the 2018 Men's**

**World Cup:** Spain

**Last Book You Read:** Wildwood

**Favorite Musical Group:** Maroon 5

**Favorite Ice Cream:** Cookie dough

**Favorite TV Show:** Bobs Burgers

**Favorite Pre-Game Meal:** Bagels

**What you Love about Playing Soccer:**

Playing with my friends and becoming a better player

**Toughest Opponent:** Central City Breakers

**Best part of your game:** Stopping the 9,7,11s from making a run or a pass

**Part of your game that can be better:** Our attitude if we're down by two in the first half

**What do you like best about BFC:** Traveling to different and new places in Washington



**Name:** Gordon Elwood

**Team:** B00 Black

**Years in the Club:** 7

**Nick Name:** Gordo

**Position:** #6

**Year in School:** Senior

**Home Town:**

Cambridge, MA

**School:**

Olympia High School

**Favorite Soccer Team:** Chelsea F.C.

**Favorite Soccer Player:** Eden Hazard

**Favorite Movie:** Pulp Fiction

**Who did you pick to win the 2018 Men's**

**World Cup:** England

**Last Book You Read:** A Farewell To Arms

**Favorite Musical Group:** Adam McIlwee

**Favorite Ice Cream:** Chocolate

**Favorite TV Show:** The Office

**Favorite Pre-Game Meal:** Ham and Cheese

**What you Love about Playing Soccer:** The way you get lost in the game, things fade out of your head and your only focus is the play

**Toughest Opponent:** Crossfire

**Best part of your game:** Nutmegs

**Part of your game that can be better:** Defending

**What do you like best about BFC:** The strong community environment



## UPCOMING EVENTS

**Soccer Auction:** October 20<sup>th</sup>

**Socktober Collection:** October 1<sup>st</sup> – 25<sup>th</sup>

**Warm Clothing and Canned Food Drive:** November 14<sup>th</sup>, 15<sup>th</sup>, 19<sup>th</sup> and 20<sup>th</sup>

**December Canned Food Drive and Toy Drive:** December 12<sup>th</sup> - 13<sup>th</sup>

**Soccer Break:** December 17<sup>th</sup> – January 1<sup>st</sup>, 2019

**Tacoma Stars BFC Night:** January 12<sup>th</sup>, 2019

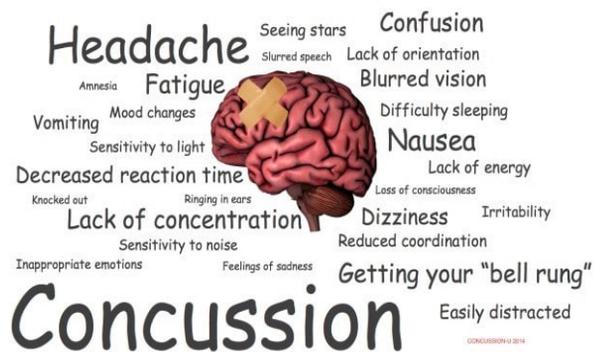
# CONCUSSIONS

The week of September 17<sup>th</sup> 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"

# 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](#)

## SUMMER TEAM SELFIE COMPETITION

**Congratulations to G05 Black team for winning the BFC Summer Team Selfie Pizza Party!**



## 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](mailto: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



## BFC COACHING EDUCATION LICENSE AWARDS



US Soccer has restructured their National “A”, “B”, “C”, “D” and Grassroots Courses. The “A” course is a six (6) month program, “B” four (4) months, “C” three (3) months, “D” two (2) months and Grassroots Licenses are four (4) hours for each course. We are proud of our coaches that work towards these credentials.

**We want to congratulate and recognize Caleb Gallanger** for being awarded the US Soccer “C” License. We appreciate Caleb’s commitment to the Club, learning and self-development.

## COACH SPOTLIGHT

**Name:** Caleb Gallanger

**Current BFC Team Coaching:** B10 Red, B13 Red, B15 Red

**Number of years coaching in the Club:** 4 Years

**Favorite Soccer Team:** Manchester City & Barcelona

**Favorite Soccer Player:** Xavi

**Favorite Movie:** Star Wars: The Last Jedi (Watched 6 times at the theater..)

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

**Last book I read:** Think, Learn, Succeed: Understanding and Using Your Mind to Thrive at School, the Workplace, and Life. By Dr. Caroline Leaf

**Favorite Musical Group:** Marshmello

**Best concert attended:** Rock & Worship Roadshow

**Favorite Ice Cream:** Mint Chocolate Chip

**Favorite T.V. show (ever):** House M.D.

**What do you like best about coaching in the Club:** The opportunity to live out my passion daily by helping young athletes become better soccer players.

**How can parents best support their child’s soccer experience:** By letting them make lots of mistakes so they can grow and have a fun soccer experience.

**What advice do you have for the soccer players in our Club:** Always be a Warrior, and make school a top priority. Never give up, no matter how hard it gets.

**What are highlights from your recent US Soccer “C” License Course:** The ability to see perspectives from outside the state of Washington. Learning from other candidates about how soccer works in their community. Gaining a better understanding of the Orientation-Learning-Implementation Methodology.



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](mailto:technicaldirector@blackhillsfc.org)

## COACH SPOTLIGHT

**Name:** Omar Vera

**Current BFC Team Coaching:**

Associate Coach B09 Black,

Associate Coach B08 Red

**Number of years coaching in the Club:** 3

**Favorite Soccer Team:** Seattle Sounders FC

**Favorite Soccer Player:** Ronaldinho

**Favorite Movie:** 'Time Bandits'

**Who I picked to win the Men's 2018**

**World Cup:** France (not bragging)

**Last book I read:**

The Silk Roads: A New History of the World

**Favorite Musical Group:**

'Menahan Street Band'

**Best concert attended:** Carlos Santana 1990

**Favorite Ice Cream:** Peanut Butter Chocolate

**Favorite T.V. show:** Game of Thrones

**What do you like best about coaching in the Club:** Being part of a positive, player-focused environment that fosters athletic and personal growth.

**How can parents best support their child's soccer experience:** Nutrition and recovery are aspects of a young athlete's physical development where parents can play an important role. And of course, always be your child's biggest fan!

**What advice do you have for the soccer players in our Club:** Enjoy this special opportunity to compete, improve your abilities, and make lasting friendships!

**What are highlights from your recent US Soccer "D" License Course:** Being able to coach and receive feedback in the company of a very committed group of peers was tremendously helpful in my growth. Taking the "D" License course was also a great way of connecting with coaches from other clubs in the area and forming relationships that will carry through into our competition with one another.



## SLEEP

The secret to a child and their success in the classroom or athletic field can be linked to their sleep.

- Sleep promotes growth
- Sleep helps the heart
- Sleep beats germs
- Sleep reduces injury risk
- Sleep increases kids' attention span
- Ages 5-12 (10-11 hours of sleep)

### Tips for Teens

- Lose the caffeine after 4:00 PM
- Avoid stimulating activities late at night such as video games and action movies
- Follow a regular, relaxing bedtime routine
- Eat a healthy diet and exercise regularly
- Remove Cell Phones and Tablets

[Kids' Brainpower Tied to Exercise, Sleep and Limited Screen Time](#)

October  
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There are 600,000 people without a home on any given night in the United States. Socks are one of the most needed, but least donated items for the homeless.



Help the Blackhills FC Boys U13 team make a difference in our community by donating much needed items for local youth in need. All donations will go to Community Youth Services.

## How to Help!

Please bring new or gently used, adult sized: socks, hats, glove, and new,

packaged underwear to the Capitol Fields. donate the

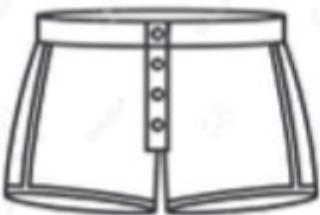


Soccer Place items in

the Socktober bin found near the information kiosk.



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## COMMUNITY SERVICE: CLOTHING DRIVE - HOMELESS IN SHELTON

Thank you to all the Blackhills FC Families for your donations to the B06 and G06 Clothing drive for the Homeless in Shelton. Your donations will make a difference in our community!

## RISK MANAGEMENT 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: **We are now asking the players to go in groups of three (3)**
- Report 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 Club Misconduct Report Form to report inappropriate behavior
- When children contact their coaches electronically make sure another adult is included

## 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](mailto:volunteer@blackhillsfc.org)

Currently....our biggest need for volunteers is to help support our annual auction, The Soccer Ball, on October 20<sup>th</sup>.

*We need people to transport items to the event, set up the room and decorate, and help out during the event. Volunteers may bid on auction items during the event. [Click here to sign up.](#)*

Do you have questions about volunteering? Have you reported your family volunteer hours? Please contact [volunteer@blackhillsfc.org](mailto:volunteer@blackhillsfc.org)

## US SOCCER PLAYER DEVELOPMENT INITIATIVES

One of several [US Soccer Player Development Initiatives](#) is not to post scores or standings for U6-U12. Why: focus on the player, their development, enjoyment and relieve the stress of league standings. The PDI's aim to create an environment for youth players to develop their soccer abilities and most importantly enjoy playing.