

Blackhills FC Newsletter

October 2023





Blackhills in September

The regular season is in full swing!

We love getting to watch our teams play!

Have team selfies to share? Sent them to communications@blackhillsfc.org

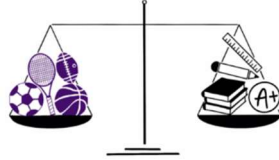


10 Essential Tips to Stay Organized for Student Athletes

Read the full article: <https://isport360.com/10-essential-tips-to-stay-organized-as-a-youth-sports-student-athlete/>

1. Create a Detailed Schedule

Start by creating a detailed schedule that outlines your classes, practice sessions, games, and any other commitments. Utilize digital calendars or physical planners to keep track of your daily and weekly responsibilities. Having a visual representation of your time will help you plan and prioritize effectively.



2. Prioritize Time Management

Time management is crucial for student athletes. Learn to prioritize tasks and allocate time to academics, sports, and personal life. Consider using time management techniques such as the Pomodoro Technique to stay focused during study sessions.



3. Set Clear Goals

Establish clear goals for both your academic and athletic pursuits. Break these goals down into smaller, actionable steps. Having specific objectives will give you a sense of direction and motivation to stay organized and work towards success.

4. Maintain a To-Do List

5. Organize Your Study Space

6. Communicate with Coaches and Teachers

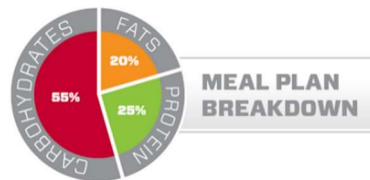


7. Learn to Say No

While it's essential to be dedicated to your sport, it's also crucial to recognize your limits. Don't overcommit yourself by taking on too many extracurricular activities or social obligations. Learning to say no when necessary will help you manage your time more effectively.

8. Stay Healthy

Maintaining your physical and mental health is vital for staying organized. Make sure to get enough sleep, eat nutritious meals, and stay hydrated. Regular exercise and relaxation techniques can also help reduce stress.



9. Use Technology Wisely

Take advantage of technology to streamline your organization efforts. Use apps and software for tasks like setting reminders, tracking your academic progress, and managing your sports schedule. Just be mindful not to get lost in digital distractions.



10. Review and Reflect

Regularly review your schedule, goals, and organization strategies. Reflect on what's working and what needs improvement. Adjust your approach as needed to stay on top of your game as a youth sports student athlete.



Name: Declan C.

Team: B₂₀₁₅ Black

Favorite Halloween Memory:

Getting candy with my friends. I went trick-or-treating with my friend and we got a King-sized candy bar. It was Hershey's. That's my favorite.



Name: Wren W. & Emily S.

Team: G₂₀₁₅ Black

Favorite Halloween Memory:

Wren: Going trick-or-treating with my relatives.

Emily: Going trick-or-treating with some of my friends. I love picking out candy at my own house to give out. We have huge bowls of candy. And I love carving pumpkins.



Name: Isaiah M.

Team: B₂₀₁₂ White

Favorite Halloween Memory:

Last Halloween we went to two neighborhoods and in one of them there was a house that gave us all of their candy.





Name: Josie G.

Team: G2014 Black

Favorite Halloween Memory:

Counting the candy. My record is like 50. My favorite candy is chocolate. Milk chocolate or dark chocolate – I hope I get a lot this year!

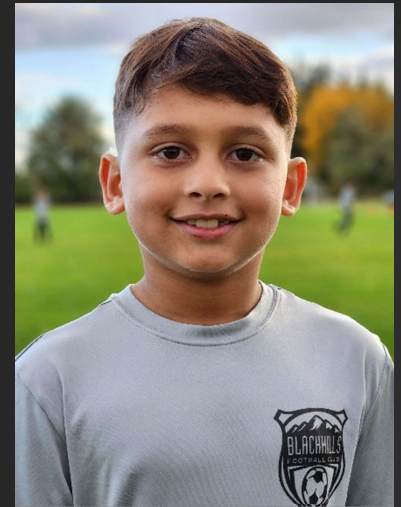


Name: Daniel F.

Team: B2016 Black

Favorite Halloween Memory:

Getting candy from being the littlest one. I'm going to be Cristiano Ronaldo this year. There are going to be some scary houses this year but I'm not afraid of them.



Name: Leighton D.

Team: B2013 Black

Favorite Halloween Memory:

One time I went to a haunted house in someone's garage. There were people dressed up inside. It was kind of scary.



Blackhills October Programs Schedule

Fall 1v1 Dribble Camp

Dates: October 20, 27, Nov 3, 10

Ages: 6-11

Location: Soccer Complex (subject to change due to weather conditions)

Cost: \$50 – free for Club players (**Must pre-register**)

Skills Training Center (STC) with Coach Jon Scott

Monday, Tuesday, Wednesday, Thursday

5:00 PM – 5:25 PM at the Soccer Complex

*******Our last STC session until Spring will be October 26*******

Goalkeeper Training

Monday with Coach Kurt Gress:

- 7:00 PM – 7:45 PM U8-U12

Tuesday with Coach Kurt Gress:

- 7:00 PM – 7:45 PM U13+

Wednesday with Coach Olivia Brock:

- 7:15 PM – 8:00 PM U13+