



COACH BIOS

GBFC STORM

Coach Sarah Soares has been involved in soccer for over 30 years as both a player and a coach. Her goal is to provide a solid skill foundation, knowledge of the game, and love for the sport, but more importantly to teach the characteristics that will make each player successful in life. She has experience coaching soccer at all levels, from recreational to college, in GBFC and Santa Rosa. Sarah has been named Coach of the Year for both GBFC and Santa Rosa United. As a collegiate player, Sarah led the nationally ranked Sonoma State University Women's Soccer team in all-time leading assists, and was selected for three years to the CCAA All-Conference team, twice to the NCAA All-West Region team, and is a two-time NCAA All-American. She was also named to the Final Four NCAA National Championship team and is a SSU Hall of Fame Inductee. Sarah is also involved in TOPS Soccer, coaches the 09 Wildfire, and is a specialist in the Educational Services Department for Rocklin Unified School District.

PROFESSIONAL TRAINER

Simon Sheppard is a professional soccer coach and personal trainer with over 30 years of experience in the industry. Simon is the Goalkeeping Coach for [Sacramento Republic FC](#), a USL-Pro team based in Sacramento. He also coaches numerous local teams and has helped dozens of players successfully transition into the collegiate- and professional-levels. Simon trains players of all ages and abilities and looks to **groom student-athletes for success**. He builds players from within, giving them the tools necessary to succeed on and off the field no matter what obstacles are in the way. Simon's goal is to develop players who are creative, hard-working and passionate about the game and interested in developing as a player and a person.

SELECTION NOTIFICATION

As coaches, parents and as an entire club, we are well aware of how this process can affect young players physically and emotionally. Please encourage your daughter to have fun during tryouts and minimize pressure. The final selection of the team will be communicated after input from coaches, trainers, and members of the Granite Bay FC Competitive Committee are acquired. Every player attending at least 1 session will be contacted by telephone or email no later than the day following the last session. Of course attendance at multiple tryouts will ensure proper placement on a team. Please ensure all contact info provided is accurate. We ask for your patience and understanding during this process.

PLAYER EVALUATION

We encourage attendance to as many sessions as possible to allow the coaches, trainers and committee members ample time to evaluate your daughter. Players will be evaluated by at least 3 people using the following criteria:

- Effort, Attitude and Coachability
- Decision Making & Field Awareness
- Technical & Tactical Skills
- Speed, Agility, Aggression & Athleticism

TEAM PHILOSOPHY

Winning is not our only goal; learning valuable life lessons such as commitment, work ethic, teamwork and good sportsmanship are all equally important. The coaching staff is committed to making this a great soccer experience for your daughter. We want to develop young players, but also instill in them a lifetime love for both soccer and fitness in general. We will develop your daughter's soccer knowledge, physical conditioning, and technical/tactical skills. We expect to field multiple outstanding teams while establishing a close bond between teammates and across teams that will hopefully continue beyond just this season.

PRACTICES/TRAINING

To experience playing competitive soccer in a leveled and developmentally appropriate fashion, we will use a trainer to varying degrees based on team placement. Coaches will handle much of the training, conditioning and will be present at games. Official practices will begin in June. Normal practices will be held two days a week from mid June through November and mid February through May. We encourage support players who play more than one sport and are willing to work with schedules during the spring season.

GAMES & TOURNAMENTS

We will be playing in NorCal Soccer League. League matches will be located within the District VI area, locally and within the greater Sacramento area. In addition, the team will participate in at least 3 tournaments, 2 local and 1 overnight. League games will mostly be on Saturdays (some Sundays) and begin after Labor Day. Tournaments will be on both Saturdays and Sundays. The season should end in late November or early December. The first round of State Cup for this age group is in the fall and the remainder of State Cup games will be played in Spring 2020. We will likely participate in Spring League in order to be ready for State Cup games. If your daughter plays another sport in the spring we will work to ensure that she does not have to choose a sport. We value dual athletes and want to support them in being successful as athletes.

COMMITMENT

While this is a youth soccer team, there is a reasonable amount of commitment involved with the program. Players will be expected to attend 2 training sessions and matches regularly. Although a high level of commitment is expected, it is okay to participate in other sports or school activities. Playing time is earned; if players put forth their best effort, have a positive attitude, are coachable and committed at least 30% playing time will be earned. Players will be expected to be on time and in the proper gear, ready to play.

PARENT COMMITMENT

Parents are expected to be positive role models and represent GBFC in a respectful manner. GBFC is a proud member of Positive Coaching Alliance and requires parents to abide by the norms. Any verbal communication towards referees, parents, players, coaches or other clubs will not be tolerated. Parents are encouraged to cheer for their child and teammates and recognize that our players are still learning the game. Please leave coaching to the coaches/trainer, as players will become confused and/or frustrated with too much instruction.

DEVELOPMENT

The coaches of this team are committed to making your daughter and her team the best they can be. Our primary goal is player development. Winning is important, but developing individual skills and applying them to the team environment will enable the teams to be competitive with other teams in their respective divisions. Respect for one's self as well as good sportsmanship towards our competitors is all part of player development.

PARENT VOLUNTEERS

As a family, you will be expected to contribute in some way to the team. A meeting will be held following tryouts to assign roles. We will be looking for volunteers to fill multiple positions. Here are a few examples:

- Team Manager (League registrations, team communication)
- Tent/Bench (bring to games)
- Treasurer (manage team bank account and payments)
- Ghost & Goals home tournament team representative (2 team reps)
- Positive Coaching Alliance Parent attendees (min. 2 team reps)
- Sponsorship & Fundraising (1-2 per team to lower costs)
- Team Party (1 organizer)
- Team Photographer

ESTIMATED COSTS

GBFC is a non-profit club, meaning it's run by volunteer coaches. Our player fees pay for weekly training sessions, uniforms, tournaments, league games, and uniforms. Each family should plan to spend roughly \$1000-1250 this season (depending on team placement). There are no "monthly fees" to be a part of our program like you pay at other clubs. Parents will be asked to make an initial deposit of \$200 and registration fee at the first team meeting with the balance due in installments. GBFC offers support to those families that qualify.

Estimated costs include:

- Tournaments, League, State Cup approx. \$750 team fee per tournament
- Trainer Fees \$300 weekly team fee per 2 days per week training session with Trainer Simon
- Uniforms, sweats, bag, practice jersey \$200-300 per player (if needed)
- Club Registration \$215 per player
- Team Flag, bench, game balls, shade, events etc. \$50 per player(possible)

Feel free to contact us at any time.

Sarah Soares

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