

GBFC  **GIRLS**
2009

LEAD COACH BIOS

Coach Jen Deslaurier will once again coach the Bobcats, our 2009 NPL team, in her 13th year with the club. She is a National D license holder and former player. She has coached at the high school level and competitive level for 15+ years. Her background is in education and she is PCA, CPR, First Aid, Epipen and Concussion protocol certified. Coach Jen values soccer fundamentals, encourages teamwork and perseverance. She wants to win, while all of her players continue their love of the game. In 2023, the team qualified as an NPL squad. During the 2022 season, the Bobcats won five tournaments and played in the State bracket for State Cup and won the NorCal Premier League in Spring.

Coach Joe Menendez is in his 4th season with Wildfire. He stays true to the Positive Coaching Alliance's philosophy of Double-Goal Coaching which focuses on competing to win while teaching life-lessons through sports. Wildfire plays as a unit and has moved from bronze to silver to gold in just three seasons.

Coach Kurt Grinsell will support our 2009 girls as a trainer. He was an All-Conference player for Woodcreek and William Jessup University. He played for 16 years on a variety of teams, including a State Champion team ranked 5th in the nation. He has years of Vision Soccer Training including coaching, training and private lessons. He has trained and coached both Wildfire and Bobcats to numerous victories in addition to other GBFC teams. Known as Mr. Grinsell to middle-schoolers in the area, he spends his day teaching PE. His personality is engaging, encouraging and enlightening. GBFC players look forward to his sessions. He sets high expectations and adjusts for all levels of play.

TEAMS

The 2009 girls age group expects to field two strong teams again this season. Bobcats are an NPL team who will play in two Showcases this fall and plan to travel to Oregon and Arizona. Wildfire will play Gold and will enter multiple tournaments. Both teams rostered select 2010s ready for the next level of play.

EXPECTATIONS

Players are expected to support their teammates in a positive manner, give their best effort at all times, be coachable, and be ready to play. Parents are expected to encourage and support players/referees/coaches. Families can expect coaches to be consistent, fair and positive. We want to develop young players, but also instill in them a lifetime love for both soccer and fitness in general. Coach goals for the year are as follows:

1. Teach character and confidence while developing true teammates and well-rounded athletes
2. Build skill, field awareness and soccer IQ and of course enjoy the game!
3. Develop players that can excel at the high school and collegiate level and allow players to continue to take part in multiple sports if they desire

SELECTION NOTIFICATION

As a club, we are well aware of how this process can affect young players physically and emotionally. 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 one session will be contacted by telephone or email no later than the day following the last session. We ask for your patience and understanding.

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 for the 2009 girls age group:

- 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 work ethic, teamwork and sportsmanship are all equally important. The coaching staff is committed to making this a great experience for your daughter. We want to develop players, and instill in them a lifetime love for soccer and fitness. We will develop your daughter's soccer knowledge, conditioning, and technical/tactical skills. We expect to field two outstanding teams while establishing a close bond between teammates that continues beyond soccer.

PRACTICES/TRAINING

Coach Jen and Coach Joe will be at most practices and will run games. They will set line ups, shared practice topics and tactical plans. Coach Kurt will handle the planning and implementation of the sessions, technical training, conditioning and will be present at occasional games. Official practices will begin in late June. Practices will be held two days a week for tactical work and additional shared sessions will be added for technical improvement. State Cup and league will pause to allow freshmen to play in High School. After State Cup initial rounds, knockout rounds continue in February-April. Spring League will begin in March and continue until tryouts again, next May.

GAMES & TOURNAMENTS

The teams will participate in 3-5 tournaments in the summer and fall. NPL matches will require Bay Area travel while NorCal league matches will be located within the District VI area and beyond depending on placement. League games begin in mid-August and end in November. Play resumes around mid-February when high school ends. Spring play starts in March and ends before May tryouts.

COMMITMENT

Players will be expected to attend both training sessions and matches regularly. Alternate training days and extra games are often available with other teams in our club. Although a high level of commitment is expected, players are encouraged to participate in other sports or school activities. NPL subbing rules apply for Bobcats. The 35% GBFC playing rule for Wildfire will only apply to players who have made a commitment to attend all trainings.

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. Respect for one's self as well as good sportsmanship is all part of player development. Coach Sergio is our goalkeeping coach and the club provides each team with additional sessions outside of practice time. Fitness outside of practices is also required to play at the top level.

ESTIMATED COSTS

Each family should plan to spend roughly \$1200-1500 this season. Parents will be asked to make an initial deposit of \$300 at the first team meeting with the balance due in installments. We do not have a monthly fee like other clubs. Our coaches are volunteers.

- Tournament Fees \$300-500
- Trainer Fees \$400-500
- Uniforms/Gear \$200+ (new kits for 2024)
- League Registration \$250

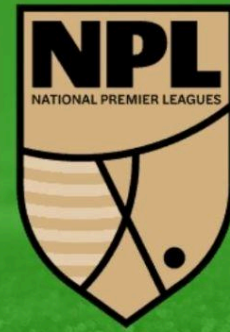
*Fees do not reflect travel costs (ie: hotel stays, gas, etc. for out of town tournaments or State Cup)

Please reach out if you have further questions. Additionally, you may share this information with other players interested in either of our teams.

Coach Jen

coachingbyjen@hotmail.com

530-219-0011 cell



2009 NPL TRYOUTS

GBFC GIRLS
MAY 20, 21, 22
5:30-7PM
BAYSIDE SPORTS FIELDS

[HTTPS://GRANITEBAYFC.COM/COMPETITIVE/TRYOUTS/](https://granitebayfc.com/competitive/tryouts/)

**Open to female
players born in
2009 and select
2010 athletes**

**For specific team details
visit <https://bit.ly/2009GBFC>
call us at 530-219-0011
or send us an email
coachingbyjen@hotmail.com**