



## COACH BIOS

***Coach Jen Deslaurier*** will coach the Bobcats in her 14th year with the club. She is a National D license holder, former player and has coached at the high school level and competitive level. Her background is in education and she is PCA, CPR, First Aid, Epipen and Concussion protocol certified. Coach Jen encourages teamwork and perseverance. She wants to win, while ensuring all of her players continue their love of the game. The team qualified to NPL in 2023 and the following year moved up to NPL 2. In the past five seasons, Bobcats have won over 10 tournaments.

***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 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 players.

## TEAM EXPECTATIONS

Bobcats are an NPL team who will play in two tournaments this fall and plan to travel to Oregon or Colorado and Tahoe. The team can roster select 2010s ready for the next level of play. We also work collaboratively with the 2010 and 2008 squads, providing additional game opportunities, scrimmages and extra practices. 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. We want to develop young players, but also instill a lifetime love for both soccer and fitness. Coach goals for the year:

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 and school activities if they desire

## SELECTION NOTIFICATION

We are well aware of how the tryout process can affect 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 will be contacted no later than the day following the last session.

## 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 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 expect to field an outstanding team while establishing a close bond between teammates that continues beyond the soccer field.

## PRACTICES/TRAINING

Coach Jen will be at most practices and will run games. She will set line ups, share 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 mid June. Practices will be held two days a week for tactical work and additional shared sessions with the 2008 squad.

## GAMES & TOURNAMENTS

The teams will participate in 3-4 tournaments. NPL matches will require Bay Area travel. League games begin in mid-August and end in November. Play resumes around mid-February when high school ends.

- CUFA in Tahoe – June 14/15
- Denver or Mt. Hood – August 1, 2, 3
- Davis Legacy – September 27/28
- One spring tourney

## COMMITMENT

Players are expected to attend both training sessions, optional days when possible and matches. 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.

## DEVELOPMENT

The coaches are committed to making your daughter and her team the best they can be. Respect for one's self as well as good sportsmanship is part of player development. The club has a goalkeeping coach who provides 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 \$1400-1600 this season with 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. Coach Jen is a volunteer.

- Tournament Fees \$300-500
- Trainer Fees \$400-500
- Uniforms/Gear \$200+
- League Registration \$250

*\*Fees to 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. You may share this information with other players interested.

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Visit GraniteBayFC.com or this link to sign up: [https://system.gotsport.com/programs/65998J637?reg\\_role=player](https://system.gotsport.com/programs/65998J637?reg_role=player)



# ***2009 NPL TRYOUTS***

**GBFC GIRLS**  
**MAY 19, 20, 21**  
**BAYSIDE SPORTS FIELDS**

GRANITEBAYFC.COM

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

**For specific team details  
visit <https://bit.ly/GBFC2009>  
call 530-219-0011  
or send an email  
[coachingbyjen@hotmail.com](mailto:coachingbyjen@hotmail.com)**