



GBFC Ambush

2010 Boys Team

Coach Kelly Vadnais

Experience and Certifications: 4 year starting UC Davis goalkeeper and captain - All CCAA Honorable Mention, San Juan Soccer in youth, Played for California Thunder as an adult, a B team to the women's premier league champions California Storm, All Metro Goalkeeper Folsom High School - SFL League Champions, 35 year soccer experience, currently playing indoor in adult league in Folsom, coached comp goalkeeper clinics at GBFC, coached recreational soccer for 4 years and competitive soccer for 2 years, GBFC board member 2016 - 2018, E and F United States Soccer Federation license, PCA Double Goal Coach, 7 v7 and 9 v 9 Grassroots licenses, physical therapist

Personal note: I love the game of soccer and have played for many years but also thoroughly enjoy sharing my enthusiasm for this amazing game through coaching. I am passionate about the game but even more passionate about growing these young athletes to succeed in life. I believe the game teaches countless lessons and I try to capture each of these moments. I am also very competitive and strive to lead my athletes towards success on the soccer field through lessons on technical skills, tactics, and team growth. Along with our clubs mission to support a competitive team of multisport athletes, I firmly believe that these young athletes should play multiple sports as long as possible for their mental and physical health.

Trainer-

Mikey Mazzoni - trained the team last year as well as running GBFC's summer clinic and futsal clinics, amazingly fast, technically gifted, inspiring and a great teacher and role model for the boys, played collegiately at William Jessup, team captain, plays for Sacramento Gold

Team Goals-

Skill development, improved understanding of game, growth of player as a competitor, team cohesion, great sportsmanship, growth of respect for self, team, coach/trainer and opponent, success on soccer field as a team and individual, increased competitiveness and resiliency, FUN!

Tryout and Selection Process

The coaching and training staff at GBFC is acutely aware of the stress and pressure tryouts can place on these young athletes. Please encourage your son to work hard and have fun but not to worry. Our goal through this process is to find the most suitable environment for each child to play by placing these athletes at the appropriate level to develop their skills, competitiveness, and enjoy the game. I am a very honest and clear communicator. As soon as I make a decision, I will



personally call or directly speak with you. All families will be contacted no later than Thursday evening. If an offer is extended, I would appreciate the same honesty and speed in regards to response. Families will be given a maximum of 24 hours to accept offers. Selections are made with input from coaches, trainers, and GBFC coaching staff.

Evaluation Process

The players should attend as many of the tryout days as possible to allow the coaches, trainers, and GBFC coaching staff ample time to evaluate the athlete. The following key components will be evaluated. These key components go beyond the athletic ability and include a display of great desire to play, growth mindset, adaptability under pressure and ability to add to the team chemistry.

- **Technical skills** - ball skills, shooting, passing
- **Tactical** - field vision and awareness
- **Physical** - strength, speed, agility
- **Attitude** - humility, intensity, effort, coachability
- **Mental** - growth mindset
- **Social** - ability to positively contribute to team chemistry

Team Philosophy and Mission

I am committed to building an atmosphere of competition, challenges, and support. Success will be measured by growth of skills, understanding of the game, and how we support one and another. I want to push these athletes but in a positive environment filled with fun and excitement to grow their love for this game, their team and community. Each player contributes to the team's success in their own ways and I will work hard to encourage each athlete's skill development including soccer IQ, technical skills, tactical skills, mental strength and positive attitude in a supportive and dynamic environment.

Expectations

This is a competitive soccer team which requires commitment and dedication. We will have 2 days a week of practice for 1.5 hours each with a possibility to increase to 3 days depending on interest. It is expected that the players will be at all practices when possible. Family vacations and other sports are understandable but when possible soccer needs to be a priority, especially during summer and fall.



Behavior - Focus and hardwork will be expected. Our trainer and I will expect to see growth in focus, intensity, commitment and desire to play at practice and eventually in games.

Playing Time - Per GBFC policy players are to get at minimum 35% game time during league games and 35% during total tournament play. Per GBFC policy this playing time is not guaranteed if there are issues in behavior or attendance.

We represent our club, GBFC, and our community. We need to understand this comes with responsibility to act in a way which honors our club and community.

Games and Tournaments

We will be participating in NorCal Fall league, Norcal State Cup and competing in 4 local tournaments. Norcal Fall league begins late August and runs through November for a total of 7 - 10 games. NorCal State Cup runs in conjunction with fall league from September - December for a total of 5-8 games. I anticipate we will be playing in the Norcal silver division but will continue to evaluate the team before final submission of level.

Estimated Cost

Based on a roster of 10 - 11 players, each family should plan to spend approximately \$1000 - \$1200 split into installments over 6 months. Total costs consist of tournament fees, trainer fees, league and state cup fees, uniform (will be the same as last year) and GBFC registration.

Final Words

Thank you for your interest in our team and club. I provide all of this information so you can decide if our team is a good fit. I am always open for questions or concerns. Best of luck to your son!

Kelly Vadnais

Head Coach GBFC Ambush

2010 Boys U9

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