



Coach

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GBFC U13 Mustangs



Trainer

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GBFC U13 MUSTANGS

Thank you for your interest in the GBFC U13 Competitive Mustangs. I look forward to the opportunity to continue to work with, or get to know you and your son and to share our passion for the game of soccer. As your Coach this year I hope to develop each and every one of your sons as a soccer player, teammate and young man to their fullest potential.

Our objective will be first and foremost to instill in your son valuable life lessons such as commitment, work ethic, teamwork and good sportsmanship, but we will do this within the context of always trying to win. Learning that if you want to have success in the games you have to first earn it in practice will be a central theme to our training. All of this will be done in a fun, positive and supportive environment that will have your son excited for each practice and game!

YOUR COACH and TRAINER

Coach Jim and Coach Udi are excited about coaching the Mustangs this year! For more information about our backgrounds please see <http://granitebayfc.com/competitive/meet-the-coaches/>.

SELECTION NOTIFICATION

As coaches and trainers, we are well aware of how this process can affect young players physically and emotionally. Please encourage your son to have fun during tryouts. There is no need to put undue pressure upon them. The final selection of the team will be communicated after input from coaches, trainers, and members of the Granite Bay FC Competitive Committee and Board is evaluated. Every player attending at least 1 session will be contacted by telephone or email no later than Friday evening following the last session. Please ensure all contact numbers and email addresses provided during registration are accurate. We ask for your patience and understanding during this process. This year I expect to field competitive A and B teams.

PLAYER EVALUATION

We encourage attendance to as many sessions as possible to allow the coaches, trainers and committee members ample time to evaluate your son. Commitment to playing for GBFC is also important. Players will be evaluated by at least 3 Coaches and Trainers using the following criteria:

- Effort & Attitude
- Decision Making & Processing The Field of Play
- Technical & Tactical Skills
- Coachability
- Speed, Agility, Competitiveness & Athleticism

PRACTICES/TRAINING

Udi Moreno will be our trainer for the 5th season in a row (Coach Mikey Mazzone will be returning as the Trainer for our 2nd U13 team the Impact). Coach Udi, along with Coach Jim, will run all 90-120 minute practices (2x week) and develop a training plan emphasizing the improvement of individual skills and team play. In addition, we will often hold informal sessions on Friday evenings as warmups for weekend games. As the boys are getting older, we will also increase our efforts in physical conditioning and strength/mobility training. Official practices will begin in June. Coach Jim will manage all games.

GAMES & TOURNAMENTS

League games will be in the Sacramento region on Saturdays and Sundays. We will participate in 3-4 tournaments in the Sacramento area, along with a Reno Tournament on August 3rd/4th.

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COMMITMENT

Players will be expected to attend 2 weekly training sessions and matches regularly. In addition, conditioning-only sessions will be scheduled. During soccer season (July– December), the Mustangs are expected to be the first sport priority for your player. While we do encourage participation in other sports, family and school activities, the minimum playing rule will only apply to players who have had strong attendance at the training sessions preceding a weekend's game or tournament. It will not be acceptable for your son to miss a scheduled practice or game for social engagements. I am available to speak directly to anyone who has questions about these expectations prior to tryouts.

DEVELOPMENT

The coaches of this team are committed to making your son's and this year's team the best it can be. Our training regiment will focus on player development and learning to play soccer the "right way" as opposed to just playing kickball, even if that may net better results sometimes. Winning is important for morale, but developing individual skills and applying them to the team environment will enable the Mustangs to be a competitive force each week and better prepare your son for his soccer future. Respect for one's self as well as good sportsmanship towards our competitors is all part of player development.

PARENT VOLUNTEERS & TEAM MEETING

As a parent member, you will be expected to contribute in some way to the team. A mandatory team meeting will be held shortly following tryouts to assign roles and discuss registration, uniforms, and other details for the upcoming season.

ESTIMATED COSTS

Each family should plan to spend roughly \$1,000-\$1,200 this season. Parents will be asked to make an initial deposit of \$300 at the first team meeting with the balance due in several installments. The estimated costs include the following. Team sponsorships and fundraising would reduce this amount.

- Professional Trainer-\$500
- Tournament Fees-\$200
- Uniforms-\$175 (new players will need to purchase new uniform kits this year)
- GBFC Bag - \$30 (previous year Comp bags can be used)
- League Registration-\$195
- Team Accessories, Party, etc. - \$80

Please do not hesitate to contact me with any questions.

Jim Deslaurier