



GBFC

GIRLS

2009

COACH BIOS

Coach Jen Deslaurier will once again coach the Bobcats. She is a National D, E and F license holder and played for years. She has coached both soccer and cross-country at the high school and competitive level. She joined GBFC 10 years ago, volunteering for a friend's team, and now coaches her own children. Her background is in education and she values soccer fundamentals, encourages teamwork and perseverance. **Coach Sarah Soares** will help coach the Bobcats. She has experience coaching soccer at all levels, from recreational to college. As a collegiate player, Sarah led the nationally ranked Sonoma State University Women's Soccer team in all-time leading assists, and is a two-time NCAA All-American. During the 2017 season, the Bobcats took 2nd place in State Cup Gold. In 2018 they went to the semi-finals in Premier and in 2019, moved up to the State tier.

Coach Greg Shea will return as coach of the Wildfire. He coached recreational soccer with GBFC for four years before taking over the Wildfire in 2019. He is an adherent to the Positive Coaching Alliance's philosophy of Double-Goal Coaching which focuses on competing to win while teaching life-lessons through sports. With the Wildfire, Coach Greg has fostered a culture of hard work and to continuously improve while maintaining a positive and supportive atmosphere for players to learn and play without fear of making mistakes. The Wildfire will play Bronze again after a winning season at that level last year, and will play in the State Cup for the first time this year.

Coach Kurt and Coach RJ will support both 2009 girls teams this season as our trainers. **Coach Kurt** was an All-Conference player for Woodcreek High School and William Jessup University. He has played for 18 years on a variety of teams, including the State Champion team ranked 5th in the nation. His personality is engaging, encouraging and enlightening. He sets high expectations and adjusts for all abilities. **Coach RJ** played on various teams for over 20 years, including William Jessup where he was Freshman of the Year. He is passionate about creating a competitive, yet fun, atmosphere where every player can find value in their individual abilities. GBFC players at all ages look forward to their sessions.

SELECTION NOTIFICATION

As coaches, parents and as a club, we are well aware of how this process can affect young players emotionally. Please encourage your child to have fun during tryouts. The selection of the teams will be communicated after input from coaches, trainers, and members of the GBFC Competitive Committee are acquired. Thank you for your patience during this process.

PLAYER EVALUATION

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. We want to develop players, but also instill in them a lifetime love for both soccer and fitness. We develop soccer knowledge, physical conditioning, and technical/tactical skills. We value a close bond between teammates and across teams that will hopefully continue beyond just a soccer 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 also handle training and conditioning and will be present at games. Normal practices will be held two days a week for 1.5 hours each day from mid June until December.

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. The teams will also participate in tournaments. League games will mostly be on Saturdays). Tournaments will be on both Saturdays and Sundays. State Cup can extend into December or January.

COMMITMENT

While this is a youth soccer team, there is still a reasonable amount of commitment involved with the program. Players will be expected to attend two training sessions and matches regularly. Commitment is expected, it is okay to participate in other sports or school activities. However, the 35% playing rule will only apply to players who have attended trainings (or alternate days with other teams as needed). Parents will be expected to have their child at training/games on time and in the proper gear, ready to play before practice starts.

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 negative 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 all instruction to the coaches/trainer.

DEVELOPMENT

The coaches of this team are committed to making your player(s) and the team the best they can be. 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 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)
- 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

Each family should plan to spend roughly \$900-1200 this season (depending on team placement). There are no “monthly fees” to be a part of our program like you pay at other clubs. Our parent coaches are volunteers and we pay our trainers each session. Parents will be asked to make an initial deposit of \$200 at the first team meeting with the balance due in installments. Estimated costs include:

- Tournaments, League, State Cup \$100-300 (Bobcats will do 4+ tournaments and State Cup; Wildfire will do 2-3 tournaments and State Cup)
- Trainer Fees \$350-400 (2 days per week, optional cross over days for multi sport athletes)
- Uniforms, sweats, bag, practice jersey \$200-300 (new kits if needed this fall)
- Club Registration \$215 (yearly)
- Team bench, game balls, shade, events etc. \$50 (possible)

LINKS TO MORE INFORMATION

Granite Bay FC: www.granitebayfc.com

All of this information is dependent upon current county/state guidelines.

Feel free to contact us at any time.

Jen Deslaurier
530-219-0011
coachingbyjen@hotmail.com

Sarah Soares
916-303-3406
brozi7ssu@gmail.com

Greg Shea
916-751-6421
gregory.s.shea@gmail.com