



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 soccer for over 30 years. She has coached both soccer and cross-country at the high school and competitive level for 15 years. 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 is PCA, CPR, First Aid and Epipen certified. Her soccer philosophy follows the Positive Coaching Alliance motto: "Winning While Teaching Life Lessons". Coach Jen values soccer fundamentals, encourages teamwork, perseverance and of course she wants all of her players to have fun and love the game. During the 2019 season, the Bobcats won all five tournaments they played in and played Premier in State Cup finishing in the top 25 in NorCal. Our team will play Premier this fall.

Coach Greg Shea will return for his third season 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 to continuously improve while maintaining a positive and supportive atmosphere for players to learn and play without fear of making mistakes. Greg also places a strong emphasis on sportsmanship and respect for teammates, opponents, referees and coaches, and wants each player to have fun. The Wildfire will play Silver or Bronze this fall and will play in the State Cup for the first time this year.

Coach Kurt Grinsell will support 2009 girls this season as a trainer and coach. He was an All Conference player for Woodcreek High School and William Jessup University. He played for 16 years on a variety of teams, including play with San Juan on a State Champion team ranked 5th in the nation. He has four years of Vision Soccer Training including Coaching, Training and private lessons. He trained and coached both Wildfire and Bobcats to multiple victories in 2017 in addition to his roles on other GBFC teams. His bubbly personality is engaging, encouraging and enlightening. GBFC players always look forward to his sessions. He sets high expectations and adjusts for all levels of soccer ability.

SELECTION NOTIFICATION

As coaches, parents and as an entire club, we are well aware of how this process can affect young players physically and emotionally. Please encourage your daughter to have fun during tryouts and minimize pressure. 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. Of course attendance at multiple tryouts will ensure proper placement on a team. Please ensure all contact info provided is accurate. We ask for your patience and understanding during this process.

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 commitment, work ethic, teamwork and good sportsmanship are all equally important. The coaching staff is committed to making this a great soccer experience for your daughter. We want to develop young players, but also instill in them a lifetime love for both soccer and fitness in general. We will develop your daughter's soccer knowledge, physical conditioning, and technical/tactical skills. We expect to field multiple outstanding teams while establishing a close bond between teammates and across teams that will hopefully continue beyond just this 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 handle much of the planning, training, conditioning and will be present at games. Official practices will begin in mid June. Normal practices will be held two days a week (more than likely Monday/Wednesday for Bobcats and TBD for WildFire with an additional Friday if desired) for 1.5 hours each day from mid June until December (B) or February (A). In the summer, some morning sessions replace the afternoon sessions to avoid the heat. Footskills sessions may also be added.

GAMES & TOURNAMENTS

We will be playing in the 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 (some Sundays) and begin after Labor Day. Tournaments will be on both Saturdays and Sundays. The season should end in December or February, depending on State Cup placement.

COMMITMENT

Players will be expected to attend 2 training sessions and matches regularly. Although a high level of 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 made a commitment to attend trainings (or alternate days with other teams as needed). Parents will be expected to have their child at training/games on time, in the proper gear, ready to play before events start.

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 instruction to the coaches/trainer, as players will become confused and/or frustrated with too many voices.

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. 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)
- Flag/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
- Medical Assistance

ESTIMATED COSTS

Each family should plan to spend roughly \$1000-1500 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 at the first team meeting with the balance due in installments. Estimated costs include:

- Tournaments, League, State Cup \$300-400 (Bobcats will do 4+ tournaments and State Cup; Wildfire 2-3 tournaments and State Cup)
- Trainer Fees \$400 (2 days per week, optional cross over days for multi-sport athletes)
- Uniforms, sweats, bag, practice jersey \$300 (new kits this fall for entire club)
- Club Registration \$225 (yearly)
- Summer Age-Group Clinics possible based on restrictions \$50
- Team Flag, bench, game balls, shade, events etc. \$50 (possible)

LINKS TO MORE INFORMATION

Granite Bay FC: www.granitebayfc.com

Feel free to contact us at any time.

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

Greg Shea
916-751-6421
gregoryshea@gmail.com