

GBFC  **GIRLS**
2009

COACH BIOS

Coach Jen Deslaurier is a National D, E and F license holder and played for many 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. Her background is in education and she values soccer fundamentals, encourages teamwork and perseverance. She has coached the Bobcats in over a dozen tournament victories and has moved them from Silver to Gold to Premier in league and State Cup over the past four years.

Coach Greg Shea has coached the Wildfire for three years and serves on GBFC's competitive coaching committee. Coach Greg fosters a culture of hard work while maintaining a positive and supportive atmosphere for players to build confidence, compete and improve. He also places strong emphasis on sportsmanship and respect for teammates, opponents, referees and coaches. During his tenure, the Wildfire advanced from the Bronze to Silver division, and last season achieved their first two tournament victories.

Coach Kurt will support both 2009 girls teams as our trainer and coach. 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.

TEAMS

The 2009 girls age group expects to field two strong teams again this season. We plan to have the Bobcats play in the Premier division again this fall and plan to have Wildfire play Silver.

EXPECTATIONS

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. Families can expect coaches to be consistent, fair and positive. Winning is not our only goal; learning valuable life lessons such as commitment, work ethic, teamwork and good sportsmanship are all equally important. We want to develop young players, but also instill in them a lifetime love for both soccer and fitness in general. Coach goals for the year are as follows:

1. Teach character traits and build confidence that will make your child successful in life
2. Developing them as well-rounded athletes and create lasting friendships
3. Build footskills, field awareness, fitness, soccer IQ and of course have fun!

SELECTION NOTIFICATION

As a 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. We ask for your patience and understanding.

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 for the 2009 girls age group:

- 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 young players, and instill in them a lifetime love for soccer and fitness. We will develop your daughter's soccer knowledge, physical conditioning, and technical/tactical skills. We expect to field two outstanding teams while establishing a close bond between teammates that continues beyond soccer.

PRACTICES/TRAINING

Coach Jen, Coach Greg and Coach Kurt will be at practices and games and will set line ups, practice topics and tactical plans. Coach Kurt will handle most of the practices, technical training, conditioning and will be present at occasional games. Official practices will begin in late June, although some optional conditioning and training sessions may be offered in early June depending on interest. Normal practices will be held two days a week with occasional optional sessions. State Cup will look slightly different for U14 to allow older players to play in High School. After State Cup initial rounds, knockout rounds continue in February-April. Players may also have the option to play in various events in spring (ie: Spring League, indoor, extra training).

GAMES & TOURNAMENTS

We will be playing in NorCal Soccer League. League matches will be located within the District VI area. The team will participate in 2-4 tournaments. League games begin in mid-August and end in December.

COMMITMENT

There is a reasonable amount of commitment involved with the program. Players will be expected to attend both training sessions and matches regularly. Alternate training days and extra games are often available with

other teams in our club. 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. Parents will be expected to have their child at training/games on time and in the proper gear, ready to play.

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 both teams to be competitive this season. Respect for one's self as well as good sportsmanship towards our competitors is all part of player development.

ESTIMATED COSTS

Each family should plan to spend roughly \$1000-1200 this season. Parents will be asked to make an initial deposit of \$200 at the first team meeting with the balance due in installments. We do not have a monthly fee.

- Tournament Fees \$200-300
- Trainer Fees \$350-450
- Uniforms/Gear \$200
- League Registration \$225

Fees do not reflect travel costs (ie: hotel stays, gas, etc. for out of town tournaments or State Cup)