

# BFC KICKS

## Brookings Futbol Club

### What's happening at BFC?

There are many things happening at BFC. Please take the time to browse through our web site.

[www.brookingsfc.com](http://www.brookingsfc.com)

#### *Currently open for registration:*

- All competitive programming
  - U8 - U12
- High School Winter League
  - 9th - 12th grade
- Winter Little Kicks
  - born in 2013 & 2014
- Winter Skills School
  - born in 2009-2012



## A New Season - A New Look!

It's been quite a while since BFC made such a dramatic change to its "look". Over the past year the BFC Board had to make a big decision. The Board was made aware that Under Armour no longer was producing our old uniforms. It was this information that put the wheels in motion to get a new contract for our club. With that new agreement the club was able to make significant changes to the uniform. The decision was made to pick a uniform that was cost conscious as well

## Volunteer Points System

Thank you to all our volunteers. Without each of you giving time and energy we could not accomplish the things we do.

The Volunteer Point System, or VPS, was originally designed to make sure we had enough volunteers to run both of our tournaments each year as well as fulfill our concessions duties in the Fall during HS and the SDSU season. That is still the main focus. In the past year we came close to fulfilling all spots - but we actually had numerous times where we didn't open or our dedicated parents worked more hours. In any given year we have plenty of opportunity to work off the volunteer points. If you are looking for more opportunities, remember you get 5 points for each board meeting you attend. Along with the usual points opportunities there are a couple of open positions. We are currently looking for a PR Director, which is taking the place of the Team Reporters and we have a Marketing/Advertising Director open to assist us in boosting our advertising effectiveness. As always we will need Spring League coaches! Check out the web site for more information.

as something that would last a LONG time. It was decided to pick a UA t-shirt that, more than likely, will always be produced. Uniforms like this are being worn by the current SDSU Jackrabbit soccer team. This ensures that we should not have to do a club wide uniform purchase for quite some time. This should mean keeping costs down, even for replacement uniforms, as well as availability and flexibility for the future. The biggest change came in offering red shorts and red socks instead of the black and adding a grey jersey along with the black that we have always used. It seems like a small change, but when you put it all together it is an entirely all new look for our club. All BFC players received a full kit including two new jerseys, shorts and a pair of socks. The club hopes you like the new look!



Players enjoying the weather and showing off the new BFC uniforms at the DASC indoor tournament in Sioux Falls Dec 2-4, 2016.

## Brookings FC - How, What, Why?

In November Technical Director, Brock Thompson hosted two club meetings, one for BFC and one for Select. He wanted to share his thoughts on success, what to expect, how to be great and he unveiled the BFC way! Below are some of the main points he shared at each of the meetings. For additional questions, please ask a coach or contact Brock.

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### Programming- Philosophy

#### Every Player Has Access to:

- Game Based Programming
- Games Only; No Travel
- Training Based Programming
- Paid and Licensed Coaches
- Optional events and travel

### Nuts and Bolts of the 2016-17 season

- Please communicate and follow thru with your team manager

#### Competitive Program

- Designed to provide age appropriate training
- Training Sessions (practices) are the most important

#### New this year

- 2 training times during the winter
- U8- Training only program

## Select Program

- Designed to provide age appropriate training by combine players from the Brookings and Watertown communities
- And a commitment to participate in the Regionals or Presidents Cup qualifying process
- Training Sessions (practices) are the most important Development happens outside your comfort zone

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## Parent Information

- Research shows that parents play a significant role in their child's athletic development. Maybe the most significant
- suggestions to embrace your role in your child's soccer development
  - 1 - Don't coach them if they know more than you. Support them and have them teach you.
  - 2 - Be consistent!
  - 3 - Have them teach you- "show me"; "tell me"
  - 4 - Ask how you can help and be willing to help

## For the player

### Development Killers - AVOID THESE!

- “BCD” Behavior
- **B**lame, **C**omplain, **D**efend
  - “Have to” vs “Get to”
  - “If only”
  - “When I...Then I”
  - “It’s not fair”

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## Seeds of Success

- Success is **BORING** - you have to focus on the fundamentals!
- Success is **EASY** - many, many, many hours of practice!
- Success is **SIMPLE** - master the simple to become more advanced!
- Success is **OBTAINABLE** by **ANYONE** - only those that put in the time!

**BUT FEW ARE WILLING TO PAY THE PRICE**

## IMPORTANT tips for YOU to be GREAT

### 1. Surrender the outcome

- Give **MAX EFFORT** everyday, all the time and it will pay off!

### 2. Your **value** isn't tied to your performance, ability or outcome.

### 3. **Grit** will take you further than **talent**

### 4. You're **growth** will be determined by

- The Time you invest

- The Effort you give

- The Attitude you have towards it

### 5. Being a **great teammate** is more important than being a great player

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# THE BFC WAY- A NEW CULTURE

1. BFC players take ownership over their own development
2. BFC players commit to self training (juggle club; homework)
3. BFC players say “thank you” and respect the game
4. BFC players ask questions and request feedback often
5. BFC Players start and end training with a Handshake, high five or fist bump to your coaches and teammates.