

Bowie FC Bulletin



April 2022

MARCH WRAP UP

Speed, Agility, and Conditioning Clinic



On March 27, we wrapped up our 4-week Speed, Agility, and Conditioning Clinic. We had a full roster of players for the sessions, and Coach Nikki reported that all of the players worked hard on their explosiveness, power, and footwork. We look forward to seeing that speed and agility on the fields!

Intramural Play Begins



Coach Agebedina and the U5-U6 Bowie Flash captured a team picture before their first match of the season. The Bowie Flash had a great time and displayed the skills they've been practicing. It was great to get play started and all teams seemed to enjoy their matches.

ASA Thunder Ice Cup 2022

The U11 Girls County team played in the ASA Thunder Ice Cup 2022 Tournament March 19-20. The girls did well and enjoyed the competition.



Fresh Fruit Fundraiser

Thank you to everyone who placed an order for fresh fruit from Florida Indian River Groves. We raised \$219 for Bowie FC which will help provide additional equipment and training for our players.

APRIL TOURNAMENT PLAY

The U17 Boys Travel team is playing in MSYSA's Presidents Cup tournament on April 9. You can follow the team's progress on the [tournament website](#).

The U14 Boys Travel team is playing the Chesapeake Cup tournament on April 16. You can follow the team's progress on the [Cecil Soccer website](#).

COACH'S TIP FOR ATHLETES

Foot skill development is the foundation for a soccer player. From the ages of 4-13 is when players should be doing their best inside of practice and out to develop their ability with the ball at their feet. ~Brian Graham, Director of Coaching, Bowie FC

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CALENDAR

April 9, 2022

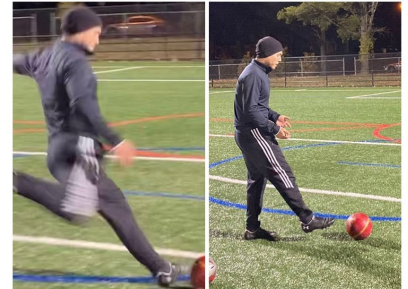
MSYSA Presidents Cup Tournament

April 16, 2022

MSYSA Presidents Cup Tournament

May 2022

County and Travel Team Tryouts



Brian Graham, Director of Coaching, attended the U14 Boys Travel team practice to work with them on shooting with power and dipping and bending the ball.

Send photos with information to [Bowie FC Communications](#). Be sure to let us know what team/player(s) the photo captures. Submission of photos indicates authorization to use for print and electronic communication.

