

Bowie FC Bulletin



Summer Camp

Registration for our evening summer camp is now open!

- The U4-U8 Developmental Summer Camp will be July 17–21 and will focus on basic soccer skills and teamwork.
- The U9-U18 Academy Summer Camp will be July 24–28 and will focus on agility and more advanced footwork, shooting, passing, and defensive skills.

Space is limited, so register your player today! The cost is \$100 for Developmental Summer Camp and \$150 for Academy Summer Camp. Each camper will receive a camp t-shirt and soccer ball. A special thank you to our camp sponsor, Terri Siegel!

High School Workouts

Bowie FC is holding workouts for our high school-aged players (rising Freshmen and older) on Saturday mornings from June 24 through July 29. Sessions will run from 8:30 a.m. to 10:00 a.m. at the Turf Field at Allen Pond Park and will focus on agility, footwork, and conditioning. The goal is to help our players stay sharp and ready for their high school tryouts. The sessions are free to all Bowie FC high school players. Registration is now open and will close on June 22.

Congratulations to Our Seniors

On behalf of Bowie FC, we would like to congratulate our seniors! We wish them the best of luck on their next adventure at...

Mendez Anderson— Anne Arundel Community College
KesUranNu "Ranu" Baylor— NJ Institute of Technology
Jamal Bundu— University of MD, College Park
Jaden Coffie— University of MD, Baltimore County
Anthony Davis Jr.— St. Mary's College
JP Gamez— Towson University

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June 2023

CALENDAR

June 1—25, 2023

Summer Camp registration open

June 26— August 5, 2023

Fall Developmental Program registration open

July 17—21, 2023

Developmental Summer Camp

July 24—28, 2023

Academy Summer Camp

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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.



Fall Developmental Season

Registration for the Fall Developmental season will be open June 26 — August 6. Our Developmental program (formerly Intramural) is for players of all abilities and experience levels, from ages U4–U10. The goals of the program are to teach players age-appropriate soccer skills and concepts, encourage and grow their interest in soccer, and build teamwork skills. The program is open to all players and no tryouts are necessary. Players register and are assigned to co-ed teams by US Club Soccer age groupings (calendar year). Teams play other Bowie FC developmental teams.

Practices are generally held twice a week and days and times are determined by the coach. Games are played primarily on Saturday on fields within the city of Bowie. The Developmental program fee is \$100 per player per season (\$125 for late registration) and includes one Bowie FC game jersey.

Coaches Corner

Summer is here! We made it!

While we all enjoy some well-deserved rest and relaxation this summer, we do not want our skills to regress. The great news is that it does not take a ton of time--or require your parents to drive you all over the place (YW, parents). Below are some tips to keep up your skills and conditioning:

- Set a goal to get 30 minutes of cardiovascular exercise at least 3 times a week. Go for a run, ride a bike, play a pick-up game of soccer or basketball. Anything that gets your heart rate up.
- Work on your individual skills for at least 15 minutes, 3 or 4 times a week. It doesn't take much time to maintain and improve your skills. Juggle, set up cones to practice different dribbling techniques, or pass against a rebounder or wall.
- Watch soccer on TV. You can learn a lot by watching high-level soccer, such as the Premier League. The Women's World Cup starts in July and will give us a lot of chances to see some great play.
- Meet up with your friends for a pick-up game of soccer.
- Maintain your strength and mobility by regularly stretching and performing body-weight exercises, like push-ups, sit-ups, plank holds, squats, or vertical jumps. You can find a lot of examples of body-weight exercises online.
- Attend Bowie FC's Summer Camp!!

