

# Bowie FC Bulletin



## Fall Developmental Season

Registration is now open for the Fall Developmental season until August 6th. 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 Needed for Fall Developmental Program

With registration open for the Developmental Program, we want to encourage parents to volunteer to coach a team. We are always looking for volunteer coaches, and we would love to have more female coaches on the sidelines.

Coaching is a fun way to get some exercise, help the community, and share an activity with your child. As a coach you get to pick your practice days and times, and you will be reimbursed your registration fee at the end of the season when you return the equipment. We will also provide coaching resources for practice sessions and games.

Please contact [Pedro Gamez](#) to discuss the opportunity to coach!

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July 2023

## CALENDAR

*June 26— August 6, 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.



## Coaches Corner– Hydration

With the temperature and humidity rising, we want to remind our players about the importance of staying hydrated. While proper hydration is important year around, the heat and humidity can cause excess sweat, which means an increase in the loss of fluids and the risk of dehydration. To help prevent dehydration during soccer workouts, players should:

- Drink plenty of liquids prior to the workout, starting the day before.
- Bring water or a sports drink to every practice and game. (Bring more water than you think you will need! It is better to have water left over than run out.)
- Sip water or a sports drink during every water break during practices and during halftime at games. Even if you do not feel thirsty, sip some water/sports drink.
- Drink extra liquids after a long practice or game.

## Mid-Atlantic Cup Finalists

Registration Congratulations to Coach Chhim's 2009 boys for being Finalists in the Mid-Atlantic Cup.



## Women's World Cup

Women's World Cup! Games start on July 20 and the tournament runs for the next month. Make sure watch some matches to see elite soccer skills and competition. Watching soccer helps you better understand the game and your position. The US team is stacked with savvy, experienced players and talented newcomers. Let's go USA!