

Bowie FC Bulletin



Spring Season— Register Today!

Registration for the spring season is now open! The registration link is on the homepage of our website— bowiesoccer.com. Registration closes February 25.

All players born between December 2014—April 2021 are accepted into the Developmental program. The Developmental Spring season begins in March. Most teams practice twice a week and play games on Saturdays. Players are randomly assigned to teams and we try to accommodate special requests for parent scheduling, but cannot guarantee them.

Players registering for our Academy County program will have tryouts in late February. The specific schedule with dates, times, and locations will be posted on the website when available. All players must attend tryouts, even if they are currently on an Academy County team.

Coach's Corner

Recommendations on staying sharp over the winter break :

1. **Wall work:** Find a wall and work on your touches. One-touch passing, two-touch passing, pass to the wall and turn with your 1st touch to accelerate into open space and cut the ball back then repeat. Practice juggling against the wall.
2. **Juggle:** Try to break your record! Work on controlling the ball with different parts of your body.
3. **Watch soccer:** One of the best way to improve your soccer IQ is to watch soccer. Many games are on TV and streamed online
4. **Play:** Call friends or teammates to play at a local field. Work on shots on goal, ball striking and play a pickup game.

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January 2024

CALENDAR

January 2, 2024

Spring Registration Opens

February 25, 2024

Spring Registration Closes

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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.



Coach of the Month– Alex Gamez

In our first installment of Coach of the Month we are excited to celebrate Coach Alex! Each month we will feature coaches from across all Bowie FC programs to learn more about their backgrounds and stories.

What programs do you coach and how long have you been coaching with Bowie FC?

I coach the 2015B White team and the 2009B Travel team. I have been coaching for Bowie FC for 17 years.

When did you begin coaching? What got you interested?

I started coaching soccer in 2006 and like many of you, answered the call to take on a team. I wanted to watch my kid play and enjoy, but said what the heck, let's do it—loved it ever since.

What is one of your favorite things about coaching for Bowie FC?

Coming home tired from work, not wanting to do anything. Then, I realize I have to go to soccer practice and debate about canceling for the day. But when I go out there and start playing with the kids, I am happy and forget about the rough day at work and any worries. I just have fun being out there.

Where did you grow up and what's your favorite soccer memory from your childhood?

I grew up in Upper Marlboro, MD. I was coached by my father playing for the Marlboro Mustangs growing up. My favorite memory of course was during practice when my father would ask me to demonstrate a move or what we needed to work on. If I didn't do it correctly I had to run a lap. I always thought it was unfair he nurtured everyone as he of course expected more from me to already know what we needed to do since we always scrimmaged in the backyard my brother and I versus my parents. But I have to say, that is what made me work harder and be prepared for whatever hurdle gets thrown my way.

Who's your favorite soccer player and why?

Besides Messi no contest, I like Carlos Henrique Casimiro (Casemiro) currently with Man U and Brazilian national team. There was an article I read and I use to this day for all my players, especially the older ones, getting ready for the next level. He was a striker playing for his club team and when he went for a tryout and saw when they called out for the forwards and saw 40+ hands go up he said, "I am not a striker today." The same thing happened for midfielders, but when he saw that about 8 hands went up for defensive midfielders. That is when he said, "I am a defensive midfielder today!" That is what I like to tell my players. When a coach asks, "What position do you play?" I tell them to respond, "What position do you need coach!" It is always good to know every position as that is a complete player. [Click the link for the interview.](#)

And finally....give us one fun fact about yourself

I am younger than my brother. Don't let salt and pepper hair fool you.

