

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 at 11:59pm on 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 County program will have tryouts in the weeks of February 12th and 19th. The specific schedule with dates, times, and locations is posted on the website under “Announcements”. All players must attend tryouts, even if they are currently on a County team.

Congratulations— Winter U8 Boys

Congratulations to Bowie FC’s 2016 Boys on winning their division in SoFive’s winter indoor soccer season!



Coach's Corner

Some tips to work on your footwork to improve balance and foot speed:

Lead Foot Exercise: Find a line on the ground or use an object and take two steps in front of the line starting with your right foot and then immediately take two steps behind the line or object in a one-two count. Repeat this process for 30 seconds rest for one minute and begin again leading with the left foot.

Improve running form: Practice running in a straight line while pumping your arms. As your left leg raises your right arm raises and your left arm raises as your right leg raises. Keep your arms in a 90-degree angle as you are running.

Get touches on the ball: Practice toe taps, dribbling, and passing every day. A player's confidence improves significantly as they become comfortable with the ball.

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February 2024

CALENDAR

February 12-25, 2024

County & Travel Tryouts

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– Larry Clark

In our second installment of Coach of the Month we are excited to celebrate Coach Larry! 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 serve as the head coach for Bowie's 2016 Boys County team and Bowie FC's 2013 Boys EDP travel team.

When did you begin coaching? What got you interested?

My coaching career with Bowie FC began in 2019 as an assistant coach for my son's developmental team. His growth within the soccer club showed me the need and opportunity for parents to get involved to keep Bowie FC's program strong for years to come.

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

One of the many joys of being a head coach with Bowie FC is witnessing the growth of the children as individuals and players. Sports is a great opportunity for kids to learn life lessons and watching a player grow and mature from age four, five, six, etc. is truly special. This journey is why I am excited to return each season.

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

I am a native of Prince George's County, Maryland by way of Norfolk, Virginia. My family moved here in 1989 while I was in elementary school, and I have been here ever since. I have always enjoyed playing soccer and have been involved in the sport since the third grade. One of my fondest memories of playing soccer was trying out for Largo High School's Varsity soccer team as a freshman and making the final roster as the starting center back. That is scenario that I use to remind myself today as an adult of what happens when you commit yourself to giving your best.

Who's your favorite soccer player and why?

Today, as a fan of the game I enjoy watching many players, but my favorite is Vinicius Junior of Real Madrid. He plays the game with confidence and shows that he is having fun on the field while helping his team succeed. As a youth soccer coach, I certainly want my players to have success, but more importantly I want them to have fun while doing so and it is a joy to watch a professional player demonstrate this action at the highest level.

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

A little fun fact about me is that I am probably the oldest kid in the world. I am a huge fan of Transformers and have a big collection to match. There is something about robots transforming into airplanes, cars, and spaceships that never gets old to me.

