

# Bowie FC Bulletin



## Fall Season– Academy County & Travel Program Tryouts

County and Travel program tryouts will be held the weeks of May 20 and May 27. The schedule is [posted on our website](#). Registration for tryouts is open and [linked on our website](#). Players must register before tryouts! Players must have soccer shin guards and should bring a ball and water to tryouts. There is no cost to register and attend tryouts. You will receive an email after tryouts are complete informing you of the results. Best of luck to all players trying out!

## Coach's Corner– Preparing for Tryouts

Tryout season can be a nerve-racking time for players. Here are some tips for how players can prepare for soccer tryouts:

### Before Tryouts

*Focus On Your Preparation-* While you don't have complete control over your performance during a tryout, you can absolutely control your preparation for the event. To give yourself the best chance of success, start early. Focus on training consistently well in weeks leading up to the tryout. Prioritize your recovery, sleep, and nutrition during this time as well. Don't wait until the day before the tryout to start doing things the right way.

*Visualize Success-* Visualization can be a powerful tool for athletes in all sports. Whenever the tryout comes into your mind, envision yourself playing at your best. This will fill you with confidence by the time you take the field.

### During Tryouts

*Be The Best Version Of YOU-* The biggest mistake that players make during a tryout is trying to play how they think the coaches want them to. They try to force the decisive dribble, pass, or shot, rather than playing simple and letting the game come to them. Do not try to adopt a completely different style of play. Take the same approach that you would in a normal training session or game, and your strengths will show during the tryout.

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May 2024

## CALENDAR

May 12, 2024

Mother's Day

Weeks of May 20 and 27,  
2024

County and Travel Program  
Fall Tryouts

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## Coach's Corner– Preparing for Tryouts (*continued...*)

### **During Tryouts**

*Be A Team Player-* In a tryout, players will likely find themselves teamed up with players they've never played with before. In an environment where everyone is trying to earn a spot, this can lead to a lot of misplaced passes, or selfish decision-making on the ball. Players should remember that if their team performs well, they in turn will show well individually. During small or large-sided games, try to be a leader within your team, and get everyone on the same page right away. Communicate in a positive way to help organize your team during the run of play. This kind of positivity can be contagious, and get everyone on the team playing more effectively in a short space of time.

### **After Tryouts**

*Thank The Coaches / Staff-* In a tryout, coaches are not just assessing technical ability. Throughout the session, they will also be looking at body language, verbal reactions, work rate, and anything else that can give them an idea of a player's character. Going up to the coaches after the session, shaking their hand, and saying thank you is a really small thing that can leave a good impression.

*Reflect And Learn-* If you performed well enough to make the team, think about all the things you did right to put yourself in a position to succeed. If you can keep those habits over the course of a season, imagine how well you could perform!

If things didn't go as planned, that is okay. Not every tryout that you attend will end up successful. Even players at the professional level will have faced rejection at some point in their careers. These momentary setbacks can be a great chance to learn. Now that you have seen the level that you want to want to play at, what areas of your game do you need to improve in order to get there? If you take this approach, you'll be more likely to get the results you want moving forward.

Reference: [Boston Bolts](#)

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## Coaches of the Month– Femi Olufemi

In our sixth installment of Coaches of the Month we are excited to celebrate Coach Femi! 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 Boys County U13 Red team.

### **When did you begin coaching? What got you interested?**

I coached at the Marlboro Boys and Girls Club for 3 years and began coaching for Bowie FC in 2010. Giving back and paying it forward are my key motivators when it comes to coaching. I believe a lot of lessons which are applicable in life, can be learned quickly through participation in sports. For example, handling wins and losses, realizing ones' resilience and capacity, and having confident humility, are best learned through sports in my opinion, and these areas of development that are of interest to me and I have made my primary focus.

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

I grew up in the city of Ibadan, Nigeria, where, as a young man I played soccer for the Civil Engineering department at the University of Ibadan. I was also on the training team for National Horticultural Research Institute (a lower division club), where the likes on Nigeria's elite players like Rasheed Yekini, Mutiu Ademoju, and Sunday Adu, would pop in to play from time to time. Memories of the skills they exhibited and how down-to-earth they were, are unforgettable. Another soccer related childhood memory I cherish was watching Nigeria vs Costa Rica match live, during the 1999 FIFA world Youth Championship, at Liberty Stadium Ibadan.

### **Who's your favorite soccer player and why?**

My favorite active player will be Raheem Sterling, his tenacity and resilience are great assets for anyone. While my favorite of all time, is Vincent Kompany. Kompany's ability to succeed on and off field is admirable.

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

In my spare time, I am either swimming or golfing with my wife (Adeola) and children (Oba and Kunmi).



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## Coaches of the Month– Pedro Gamez

In our seventh installment of Coaches of the Month we are excited to celebrate Coach Pedro! 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 Bowie FC 2008 Boys Travel Team, 2015 Boys White County Team, and several developmental teams. I have been coaching with Bowie FC for 10 years.

### **When did you begin coaching? What got you interested?**

I played soccer growing up and my father was my first coach and as soon as my boys were old enough (around 4 years old) there was a need for a county coach in Upper Marlboro and since I love playing and watching the beautiful game of soccer, I volunteered and have continued ever since.

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

I grew up in Upper Marlboro, MD and played for the Marlboro Mustangs, a club I later coached for. I helped the Frederick Douglas Eagles Soccer Team win their first ever championship in the 80s. My favorite soccer memory as a kid was going to the RFK stadium and watching Pele play against the Washington Diplomats.

### **Who's your favorite soccer player and why?**

My favorite player of all time, besides the GOAT "Messi", are my kids! To me, they are the complete package. They don't ever give up and always keep fighting for the ball. Even when they are tired and can't go any further, somehow they find another gear and push themselves to keep fighting. They know how to play every position from center back to striker.

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

No matter what you think, no– Alex is not my twin brother. I am the older (and nicer) of the two brothers. I have also travelled all over the world thanks to an organization that clothes, feeds, and gives your free rides just for signing a piece of paper. Semper Fi

