

Bowie FC Bulletin



Summer Camp– Register Today

Registration for Bowie FC's 2024 Summer Camps is open! The [informational flyer](#) and [registration link](#) are hyperlinked here and linked on our website homepage.

- The U4-U8 Developmental Summer Camp will be July 15 — 19 from 6:00pm-7:30pm and will focus on basic soccer skills and teamwork.
- The U9-U18 Academy Summer Camp will be July 22 — 26 from 6:00pm-8:00pm 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.

Fall Developmental Season

Registration for the Fall Developmental season is open June 1 — August 4. 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).

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.

Coach's Corner– Off-Season Training

As our spring season has ended, I am sure many parents are happy to relax, with no weekend games, or weekly practices to rush to. But for those who like the sport, the off-season is a good time to prepare for the upcoming season.

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June 2024

CALENDAR

June 1— 30, 2024

Summer Camp Registration
Open

June 1— August 4, 2024

Developmental Program
Registration Open

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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's Corner– Off-Season Training (continued...)

Here are a few points to think about during the off-season:

1. **Skill development** – This is the best time to work on your technical abilities such as dribbling, passing, shooting, and ball control. This practice time should be done not only during the off-season but during the season too. This will always keep your player sharp and improving overall game performance.
2. **Injury prevention and recovery** – A well-structured off-season training program can include exercises that strengthen muscles, improve flexibility, and enhance joint stability, all of which help prevent injuries. Local gyms offer a free summer pass for high school students.
3. **Tactical understanding and game intelligence** – Players can study game footage, learn about different formations, and understand various playing styles and strategies. This improved tactical awareness can significantly enhance a player's game intelligence, making them more effective on the field.
4. **Setting and achieving personal goals** – Whether it's improving a specific skill, increasing fitness levels, or mastering a new position, having clear objectives gives players something to strive for. Achieving these goals not only boosts confidence but also provides a sense of accomplishment that can motivate players throughout the upcoming season.

Off-season training isn't about staying in shape; it's about taking advantage of the break to become a better, more well-rounded player. By focusing on skill development, injury prevention, physical fitness, mental toughness, tactical understanding, and personal goals, youth players can ensure they return to the field stronger, smarter, and more prepared than ever. Embracing the off-season as a time for growth and improvement can make all the difference in a player's success in the beautiful game.

Happy Summer!

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Coaches of the Month– David Yang

In our eighth installment of Coaches of the Month we are excited to celebrate Coach David! 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?

Currently the U15 Travel Coach - this will be my second full season as a coach in Bowie

When did you begin coaching? What got you interested?

In college I coached in Montgomery County and coached my son and daughter in the Holy Trinity Boys and Girls soccer teams in 2012-2013.

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

Grew up in Fort Washington, MD - my favorite soccer memory was scoring a header in my first varsity game as a starter in 1987.

Who's your favorite soccer player and why?

David Beckham - because of all the adversity he has overcome.

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

I am also an Assistant Fire Chief in the Bowie VFD and have been a volunteer firefighter/EMT here in Bowie for 23 years.

