

Bowie FC Bulletin



Reminder– Please Keep Sick Kids Home

As we move into cold and flu season, and an increase in COVID-19 cases, this is a friendly reminder to **please keep sick kids home** from practice and games. Even if your player isn't sick but family members are, we ask that you please keep the player home. Thank you in advance!

Fall Tournaments

We would like to wish the following teams the best of luck at upcoming fall tournaments:

- AAYSA Arundel Cup, October 11th-13th— 2011G, 2013/2014G, 2015G, 2016/2017G Red, 2016/2017G White, 2010B, 2012B - Red, 2013B - Red, 2013B - White, 2014B - White, 2015B - White, 2015B - Blue, 2016B - Red, 2016B - Blue, 2016B - Black, 2017B - Red, 2017B - White
- SAC Columbus Day Tournament, October 11th-13th — 2016B Travel, 2015B Travel, 2014B Travel, 2011/2012G Travel
- Sam Graham Memorial Tournament, October 26th-27th — Bowie FC's developmental U7-U8 and U9-U10 teams

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Follow us on Facebook ([@bowiefcatbbgc](https://www.facebook.com/bowiefcatbbgc)) and Instagram ([@bowie_fc_1963](https://www.instagram.com/bowie_fc_1963)) for the latest information and photos!

October 2024

CALENDAR

October 11-13, 2024

AAYSA Arundel Cup and SAC
Columbus Day Tournament

October 26-27, 2024

Sam Graham Memorial
Tournament



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Send photos with information to [Bowie FC Communications](mailto:communications@bowiesoccer.com). 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.

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Coach's Corner

Why Coaching From the Sidelines Will Always Backfire for Sports Parents

As parents position themselves on the touchline of a weekend game, many of them seem committed to playing two roles—parent AND coach. This issue is surely not relegated to youth soccer, either. What comes out of sports parents' mouths during games is often a mixture of shocking, fundamentally irrelevant, and unintentionally misleading. There's nothing wrong with some encouragement or cheering your child on, but many sports parents tend to go far beyond that. There are only a few formative years where we, as parents, can sit and watch our kids play.

Parents coaching from the sideline is one of the most destructive habits in youth sports. It rarely produces better results in the short-term, and over the long-term, it seriously harms the kid's development and love for the game. If you ask a parent who constantly coaches from the sideline what their end goal is, it often traces to a desire for their kid to get a college scholarship. But the very habit they're engaging in will result in their child having an extremely difficult time adapting to the bigger and better competition they'll face when they hit their teenaged and high school years. And when their habit extends to other players on their child's team, they harm the development of the entire squad.

Coaches should coach and parents should parent. If a parent is interested in coaching, that's a great conversation to have. But many sports parents are far less interested in development than they are immediate results. The idea is that little 6-year-old Sally doesn't need to be Alex Morgan right now. She needs time to experiment and learn the game. The best way to do that is by simply playing it herself without having her every move coached.

There are nuances to the game that players pick up when allowed to play without interruption from coaches or parents simply watching. Let them experiment and figure out what does or does not work. Most parents have never played the game at a meaningful level, nor are they actual students of the game. They simply coach in the moment, hoping that their screams of instruction will help little Sally or Sam avoid "failure" with their next move, giving little thought to long-term development.

Youth sports belong to the kids, not the adults. It's unclear how an adult can enjoy watching their children play a sport when they are so emotionally invested in the game. Sit back and watch. Relax! You're off the job and it's a night or weekend. There are no college scouts at this 8-year-old game. The more aggressive and controlling the parents are, the less likely the kids are to enjoy the game. The less they like it, the more likely they are to quit before they hit middle or high school. So that grand plan to earn a college scholarship hit a dead end before the child could attend a single college camp or play a single high school game.

This is not intended to be a total takedown of all sports parents. **There are plenty of sports parents doing an awesome job out there and helping their kids foster a love and a passion for sports and the values they teach.** However, they do seem to be becoming less common. If you're a sports parent who wants to change your ways, it really is as simple as relaxing, being more hands-off, and simply asking your kid if they had fun after every game or practice instead of berating or overanalyzing their performance. Rather than only rewarding goals and wins, applaud effort and development (provided those things are actually occurring). "You worked hard and you're getting better" is a lot different than "You're the best because you scored three goals."

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Coaches of the Month– Rody Mendez

In our ninth installment of Coaches of the Month we are excited to celebrate Coach Rody! 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 have not coached any other programs except for Bowie FC. I have 2 seasons with Bowie FC, one season as an assistant coach at the U13's and the other one with the U8's.

When did you begin coaching? What got you interested?

I began coaching last year in the fall season. My kids made me want to get involved more with Soccer and Bowie FC.

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

I grew up in Guatemala City, Guatemala. My favorite soccer memory as a child was when I played soccer with my father.

Who's your favorite soccer player and why?

My favorite Soccer player is Lionel Messi, He is my favorite soccer player because of the way he thinks and the way he dribbles, he also persevered in harsh times.

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

I play recreational soccer on Sundays for fun.

