

# Bowie FC Bulletin



## Spring Season 2025

Registration for our spring season will open on January 2, 2025. Mark your calendar now! The registration link will be on the homepage of our website— [bowiesoccer.com](http://bowiesoccer.com)

## Coaches Corner

*(Adapted from planet.training's "Soccer Training Through the Winter")*

Putting on the right clothes before the practice session starts is important. As comfortable a thick cotton sweatshirt might be at home, it's not a good choice for the soccer field. The cotton becomes saturated with sweat very fast and increases chances of body temperature reduction. Wet and heavy sports clothing should be avoided particularly during the winter months. The smarter choice for a cold day soccer training is to wear breathable and functional clothing. This type of clothing helps spread and wick moisture away from the skin to the next layer of clothing to increase sweat evaporation. This kind of fabric is best combined with the so called onion-shell principle, that advises to wear thin and breathable layers of clothing. The athlete can take off layer after layer during the warm up or training. The outer layer should always provide a good protection from the elements, such as snow, rain and wind. Practicing with shorts in cold weather increases risks of injuries to the lower extremities and also causes exposure to the cold air. Hats and gloves should be more than just fashion accessories to the players. At least 40% of the body heat is lost around the head area if it is unprotected and this is something important to do when its cold outside.

## Follow Us on Social Media

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!

*The Bowie FC Board of Directors would like to wish you  
and your family a safe and happy holiday season!*

December 2024

## CALENDAR

*December 25, 2024*

Christmas Day

Hanukkah begins at sundown

*December 26, 2024*

Kwanza begin



## OUR SPONSORS

Interested in sponsoring?

Email

[communications@bowiesoccer.com](mailto:communications@bowiesoccer.com)

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.

